

# DISEASES

THEIR ORIGIN  
PREVENTION  
AND CURE

OR

THE SCIENCE OF BEING

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ALFRED WALTON, M. D.

HARVARD '79



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“There is no kind of achievement you could make in the world that is equal to perfect health.”

*Thomas Carlyle.*

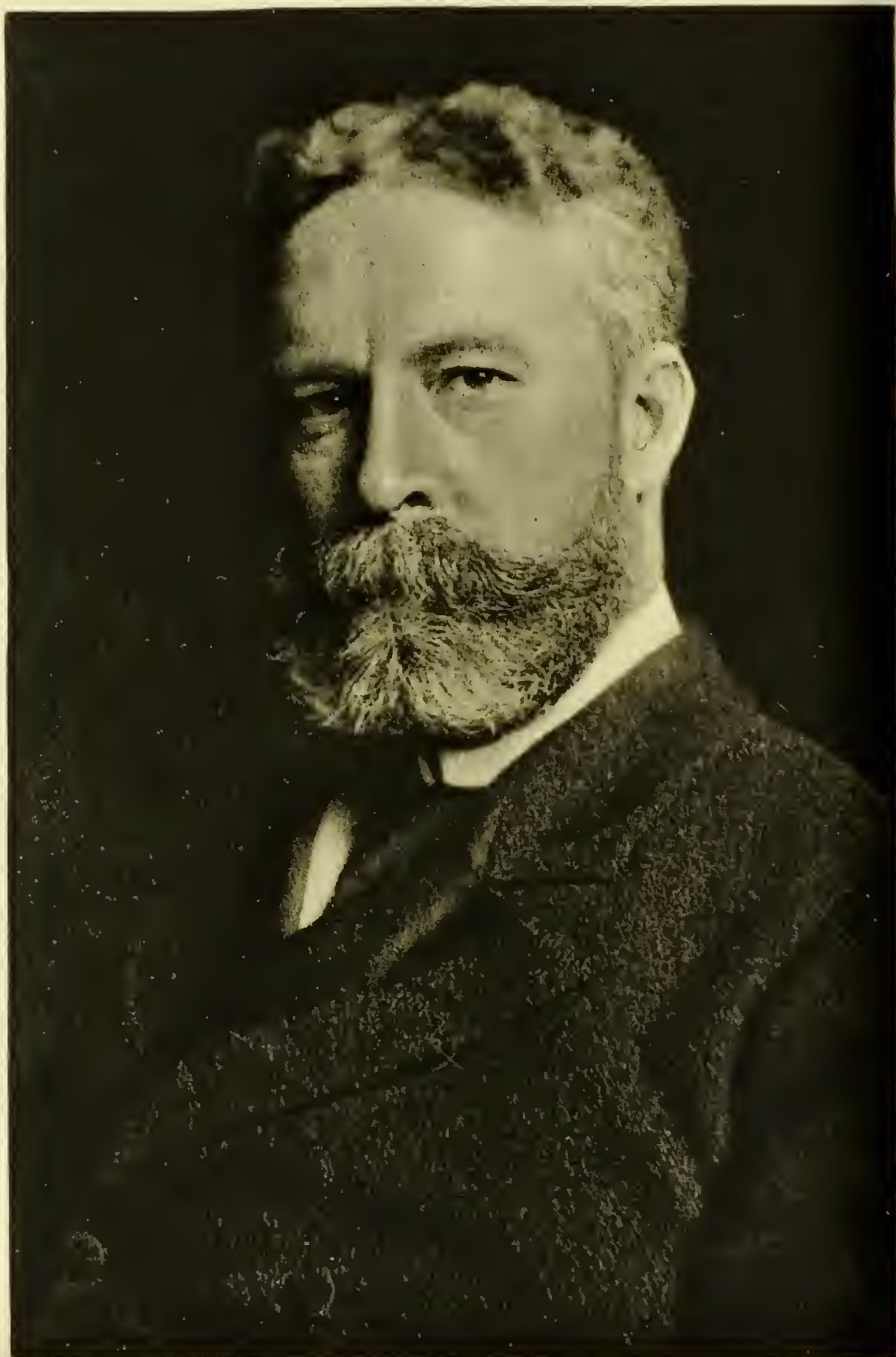
Some one has said, “The greatest thing any living soul can do is to see something clearly and tell it plainly.”





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Alfred Dalton M.D.

## PREFACE.

The writer of this article, who is a graduate of the old school (Harvard 1879), enjoyed an extensive practice for many years, but retired about ten years ago to devote his time to scientific research.

Believing there is a science in the art of living, it has been his purpose to point out how to live that we may not invite disease ; and it is his earnest wish that the suggestions made in these pages may be found helpful to those who are striving to develop both body and mind.

While his suggestions have been mostly in the way of preventive treatment, he hopes the use of the measures suggested as a means of cure may be as successful in the hands of others as they have been in the hands of

THE AUTHOR.



## SOME FACTS LEADING UP TO THE CAUSES OF DISEASE.

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From the cradle to the grave life for the most part consists of a series of blunders. Sickness begins with many at infancy and remains with them in one form or another through life. It cannot be that life is so complex a thing that only the most learned can have an intelligent comprehension of the laws of being. Life should be made a scientific process, for to live is a science so simple that the laws governing it can be taught to children with their alphabet. Of what use would such a science be if it could not be taught to children? Is not the child life as important as any part of our existence? Is it not the precursor of that which is to be? Are not the little ones the subject of our constant solicitude and care? I cannot believe that we were created to suffer from disease through our want of understanding of the laws governing life. If physical life is to be forever shrouded in mystery, then for the

human race there can be no hope of being freed from disease. It must be perfectly apparent even to the most superficial observer, that there is something radically wrong in our mode of living, when we see disease so general, what a commentary it is upon our intelligence! Have we not seen two of the most noted lung specialists in New York removed within a few years, one by pneumonia and the other by chronic bronchial trouble? Very recently, too, we have observed the sad case of the wife of a most distinguished lung specialist, one who expended a fortune in constructing one of the best equipped sanitariums in the world. While giving his attention to patients within his sanitarium, his wife, a most beautiful and accomplished woman, was stricken with pulmonary tuberculosis. The husband, being only too conscious of the imperfect results obtained by our present methods, sought to obtain benefit by travel, but within a year his wife died with the disease.

In casting about to discover a reason for the existence of disease, I am compelled to adopt the conclusion that climate and ignorance of the laws of health

are the two factors which render disease universal. The rigorousness of our Northern climate is responsible for overdressing. In the North, every winter we seemingly have epidemics of pneumonia. The disease attacks men just past the prime of life; men who have reached a stage where they are most valuable to the community; who have risen to distinction in their respective fields of labor; whose opinions are sought after, and who have become the heads of large business interests. The community is shocked by reading the obituary notice of Mr. So-and-so, prominent as the president of some large undertaking, possibly a director of ten or a dozen banks. The explanation of this singular and painful phenomenon I believe to be quite simple.

The man of means has been able to procure for himself the warmest woolen underwear, outside of which he wears a starched shirt; outside of that a waistcoat and undercoat of warm woolen material. When out of doors he wears a heavy overcoat, made from the fleeci-est wool or from the skin of the seal or other animal. Upon his feet he wears a pair

of thick shoes securely laced above the ankles, over which he wears a pair of fleece-lined overshoes, with a sealskin cap or other warm covering upon his head. Thus clothed, he is prepared to withstand a zero temperature. The only part of his body that is exposed to the air is his face. It is true that climate compels us to take such precautions to prevent "catching cold." Such a man goes into the street, from shop to shop, and removing, possibly, his hat and gloves, sits with an overcoat on in an office that is heated by steam to a temperature of 70 degrees or over. If he goes into a hotel or restaurant he meets with the same superheated air. He finds the same conditions on ferry-boats and steam-cars. Because of mental or physical laziness, or preoccupation of mind, he still retains his overcoat. The result of this manner of dressing is a disturbance of the circulation of the blood; the circulation is not equalized; the blood is driven into the interior of the body, producing congestion. The outside of the body is rendered anæmic, and is as sensitive to a breath of air as a hothouse plant; in fact, he is living the life of a hothouse plant,

and there is brought about a congestion within the respiratory organs. When the congestion has reached that point where there is a positive exudation, inflammation is said to ensue, and thus we have developed pneumonia, or inflammation of the lungs. The congestion was not wholly dependent upon "catching cold," for oftentimes the patient is at a loss to explain how he "caught cold." The manner of living for weeks, possibly for months, led up to the effects, the causes of which had been previously established, resulting in an acute inflammatory process in the lungs.

In order to make myself more thoroughly understood in reference to the influence of heat and cold upon the body and its effect upon the circulation, I will simply call attention to the influence of a cold sponge bath. The primary effect of cold water upon the skin is to cause a contraction of the capillaries (minute blood vessels) and a sensation of coldness is conveyed to the brain and vaso-motor centers. This is followed by a dilatation of the smaller blood vessels producing warmth which corrects the sensation of cold-

ness. There is a determination of blood to the entire outside of the body and thus it is in a few moments after taking a cold sponge bath, we experience a most delightful and exhilarating sense of warmth which will remain with us for hours if we are careful not to cover the body with more clothing than it requires. To illustrate this point still further:—In my home, I go about with my feet bare summer and winter, wearing a pair of sandals, dressed in a complete suit of linen mesh and feel exceedingly well. Many persons accustomed to bundling themselves with woolen garments next the skin, suffer from cold feet, though wearing stockings and heavy shoes, while my uncovered feet are as warm as my hands and face.

It is certain that primal man at birth was not provided with an overcoat; neither did he find a house already prepared for him, and yet Nature intended that he should remain and that his type should increase. Our efforts seem to be directed towards an interference with this plan. Some of my readers have said “this may be true, but we cannot go around unclothed” which is equally true. I am not going to ad-

vocate the adoption of measures that would shock the community or urge the adoption of those which are impractical. We can still live up to the exacting demands of a conservative and conventional society and yet live rationally, by adopting such habits as will enable us to preserve life and not live so thoughtlessly that we invite disease.

Man, not being satisfied with the limited power stored up in his body, has constructed the locomotive, the interior working of which is patterned after his own beautiful piece of mechanism. This development in our progress has taken place as the wants and requirements of man have developed, so that when he desired to bring to the seaboard, coal which he found locked up in the bowels of the earth he constructed the locomotive. The engineer presides over the working machinery of the locomotive; he sees that all its several parts are kept in perfect working order; he sees that his fireman feeds the locomotive with food in the form of coal or fuel. When ignited, heat is produced. As a result of this process there is left a residue or an ash. If the engineer is intelligent and

faithful, recognizing his full responsibility, the locomotive serves him faithfully and does not have to be sent frequently to the repair shop or hospital. Our great difficulty is that we fail to recognize the importance of becoming skillful engineers in the use of our own beautiful mechanism. The sin seems to consist not so much in what we do, as in what we have left undone. Our minds are so taken up with either our work or our pleasures that we forget we have bodies, and that it is necessary for us to be conscious of living, that the aim of our existence is not the privilege of working in order to nourish the body or to experience sensation, but that we should strive to develop within ourselves the highest degree of intellectualized consciousness, not that we should permit the whole process of existence to be automatic. A man should think as to how he is breathing, for lazy breathing of itself is responsible for much pulmonary trouble.

If we are intelligently conscious of what we are doing every moment of our waking hours, disease would be unknown. Man permits himself to build up a body

automatically, and thus makes sad work of the entire affair. We can make ourselves anything we like. Whatever we identify ourselves with, we become like unto that. The gourmand develops a body that shows what his thoughts are; a man who identifies himself with a beer-keg soon comes to look like one. What is the meaning of this? That man becomes that which he thinks. He is not his nose, nor his hair, nor his stomach; he is simply the sum total of his thinking. If he will bear in mind that he has a body which he desires to keep in a state of health, and will watch its functioning with intelligence, he will develop a perfect physical organism. Almost everyone is interested in living. How absurd it is we should find ourselves going through all the worry, fret and turmoil of our present existence, living such artificial lives that we invite disease, and in so short a period of time find ourselves old at fifty. What a stupidity! Is it not all due to our ignorance of the laws of right living? Happiness is the one thing we all desire to attain. Can it not be best obtained by changing our methods? If a man gains the whole

world and loses his health, does it avail him anything? If he is indifferent to the fact that he has a body, believing that it will work automatically, the body will teach him his error. Such errors are responsible for the fact that tuberculosis at the present time amounts to a perfect scourge.

As we look about us, we find disease the rule and health the extraordinary exception. I do not find anyone in a condition of perfect health. Health is only a relative term; people enjoy different degrees of health; some are apparently healthy, others less so. It cannot be that it was intended disease should be universal, for we find wild animals, without exception, free from disease. Where wild animals have been domesticated by man, we find they have taken on diseases common to man.

#### HOW DISEASE ENTERS THE ORGANISM.

No theory as to the cause of disease would be complete without an intelligent explanation as to the development of disease in earliest infancy. For disease enters the human organism very early in life. A child born in a Northern home is wrapped up, soon after

its birth, in the warmest clothing obtainable, and placed near the fireside; the windows are closed for fear of a draft, and the child is condemned to breathe the polluted atmosphere of a sickroom for days before it is taken into the open air. The atmosphere is horribly vitiated by the exhalations and emanations from the mother and nurse. People who are permitted to enter the sickroom are another source of contamination. While demonstrating their love and affection, or curiosity, they are breathing into the baby's face breath polluted with their own catarrhal exhalations. No matter how foul the discharges become, the new-born infant is condemned to breathe this air. How horrible! Did not Nature intend the child's lungs should breathe as pure air as it is possible to obtain? When it gives its first little gasp, does it not cry out for uncontaminated air? Why should it not be wrapped up warmly (having just left a temperature of blood heat) and taken into the open air? Would it not thrive very much better if its requirements were understood?

It is a statistical fact that only about fifty per

cent. of the infants born in the United States successfully pass through the diseases of early infancy. In round numbers, of 700,000 deaths reported in the United States for the year 1880, 300,000 occurred in children under five years of age. Among civilized nations the mortality in the United States ranks as the tenth highest for children between one and five years, while for those between five and ten it is the third highest. There are, therefore, nine other nations having a greater death rate among infants; and the fact that the United States ranks as the third highest for those between five and ten, clearly points to the conclusion that imperfect ventilation in our public schools must be an important factor in such a high death rate.

In consequence of the artificial life that we have lived for generations, our women have become so degenerate, they can no longer nurse their young, and when the child is put to the breast, it is found there is not sufficient milk to sustain the life of the new-born infant. Unless we are fortunate enough to secure the services of a wet-nurse, we are obliged to

resort to artificial feeding. In doing so, we attempt to play a trick upon the cow, the milk of the cow being selected, as a general rule, with the result the first summer sees established diarrhoeal and dysenteric diseases, cholera infantum, cerebro-spinal meningitis, and in the absence of any other term, marasmus, so that only about one-half of us survive this method of living. The milk of the cow was intended for the baby calf. Nature was not considering the birth of the human child when she provided milk for the cow. It not infrequently happens, although the mother has an abundance of milk, she refrains from nursing her offspring because of her desire not to spoil her figure, considering the milk of the cow a proper substitute for her own.

As soon as the child begins to eat solid food most mothers give some attention to its bowels. When she is satisfied that the child has at least one movement a day, she dismisses the subject from her mind, and attends to the multitudinous duties of the home, the care of other children, and preparation of meals occupying her attention. She makes an *occasional*

inquiry as to the condition of the child's bowels, to which inquiry she does not always receive a truthful answer. Our out-buildings in country places are cold, offensive and uninviting, the child goes to them only when forced to do so. The child stuffs its stomach three times a day, and has an occasional movement. It refrains from going to the out-building for the fact that defecation is associated with pain. A constipated condition ensues, which results in the reabsorption into the blood of the retained portion of the intestinal canal; and thus we see established early in life two processes of infection: First, the system being poisoned by breathing impure and vitiated air; second, the system being poisoned by the reabsorption into the blood of the retained portion of the stool.

We all know that when the function of an organ is interfered with, Nature will, if possible, carry on the same process by employing vicariously some other organ of the body. Nature would employ the skin to remove the sub-oxidized, wornout products, or ash of the body; if she were given an

opportunity. We make the serious mistake of failing to recognize that the skin is a breathing surface, and that it has an important function to perform, namely, to assist in eliminating waste products. The skin is provided with a magnificent sewerage system; each little pore, of which there are in the neighborhood of two millions for every adult, is a microscopical sewer opening, each one trying to eliminate waste products. Each of these glands are about one-sixteenth of an inch long, and if joined would extend two and a third miles, for each adult person. The sebaceous glands, with which the skin is also bountifully supplied, attempt to carry off the worn-out products. The effort on the part of Nature to throw off noxious products by means of the skin, is interefered with seriously by our clothing. The parts of the body most completely sealed up show this; for example, the feet being covered with leather, checking the radiation of heat and moisture, show to what extent effete matter is thrown off through the pores of the skin.

If we view the body from the standpoint that it is a monument of cell life, we can readily understand

there must be spaces where cells are not, that is to say, intercellular spaces. The blood, having taken up the sub-oxidized or imperfectly oxidized, worn-out products of the body, attempts to eliminate this matter; which it does in several ways. One is by throwing out into the intercellular spaces the excrementitious or waste products the result of cellular metamorphosis, that have not been removed through the natural excretory channels. These products are deposited in the intercellular spaces, and gravitate to different parts of the body; and as such products are in a liquid or semi-liquid state, they have a tendency to gravitate toward the feet, as water seeks its lowest level; and thus it is that Nature makes an effort to employ the toes, there being on each foot five perfect radiating surfaces. The process of eliminating waste products through the feet would not be observed were it not that we have encased the feet in a covering that renders volatilization of these products almost impossible, and thus we have an explanation for the cause of offensive smelling feet. The same process goes on

with our hands, but we do not observe any offensive odor, simply because they are exposed. There is no reason why the feet should be any more offensive than the hands and face. We are afraid of catching cold in our feet. Why are we not afraid of catching cold in the hands or face? Climatic conditions and our readiness to accept the customs and habits of our ancestors unthinkingly, are responsible for much of our thoughtlessness in dress. We accept the habit of dress as a matter of tradition or inheritance, as we do our religion and our politics.

I believe that disease of almost every name and nature is due to the storing up within the organism of sub-oxidized or worn-out products of the body. We expect the body to work automatically; we do not give intelligent thought concerning our habits; our minds are so taken up in providing for ourselves food, raiment, etc., neglecting the body, that after a few years, those of us who have arrived at adult life find the machinery of the human mechanism is out of gear.

*With but few exceptions,* I believe that there is but *one disease* affecting the human organism. This dis-

ease manifests itself variously. When it shows itself outside the body, as it is apt to do for years before the inside machinery is attacked, that is to say before the kidneys, liver or heart are attacked, Nature makes an effort to eliminate waste products by establishing diseases *upon the skin* or *under it*, that is, on the *outside* of the body, for example, skin diseases in general, chronic ulcers and tumors. In the case of skin diseases, or diseases adjacent to the skin, such as catarrhal inflammations, and diseases immediately under the skin, such as fatty tumors, cancers and other morbid growths, we mistake the outside manifestation or surface play for the disease itself, and we attempt to adjust our remedial measures to the suppression or extirpation of whatever crops out. From the medical standpoint we suppress. From the surgical standpoint we cut out. When we see this surface play of disease, we give a name to it that is mostly descriptive as to either location or general character. It does not matter whether the disease manifests itself in the form of a chronic ulcer on the leg, an eruption on the skin, a fistulous opening at the rectum or a chronic

nasal catarrh; all our efforts are directed toward the suppression of these manifestations.

Those of us who have had the misfortune of living in a cold climate, where warm clothing is required to meet the low temperature during the entire winter, are handicapped by a most unfavorable and unfortunate environment. This is to be deplored, as the great natural resources of our country are to be found in the South, in a climate more conducive to long life than is a residence in the North. Obituary notices of people who have died at one hundred years or over are so common in the South that it does not excite comment.

I have been so overwhelmed by the prevalence of sickness and suffering all about me, while I have been privileged to enjoy extraordinary health, living as Nature points out a simple life, that I have endeavored to trace the origin of disease and to suggest a means for its abatement. I believe there is such a thing as the science of being, in other words the science of living. I have already pointed out why disease enters the organism early in life, the cause of so-called infantile diseases.

## CHILDREN'S DISEASES.

We will now take up the cause of children's diseases. The child thus grows up, living the life that I have described, and reaches the age of five, when most children are sent to school; it goes through a long winter's term, breathing the polluted air of a primary school-room; even when it returns to its home after school it breathes air as foul, if not more so, than that to which it was subjected in the school-room, for there are few homes where the subjects of hygiene and sanitation are even considered. Probably in the majority of homes such subjects are practically unknown. The child is given the privilege of remaining up with the rest of the family for some time after the last meal; it plays and romps with other children or listens while the mother or another child reads from a story-book, and the father of the family reads his evening paper. The kerosene lamp extending the day into the night, adds another source of contamination, because the presence of one kerosene lamp in an ordinary sized room is equal to the presence of sixteen human beings. The combustion of the lamp is

supported by the oxygen of the air. The lamp will use up within a given period of time as much oxygen as would be required to sustain sixteen pair of lungs. Through the entire winter the child is subjected to this method of living—thousands of children live in a general way the life I have described. *Thus disease becomes hourly established.* The first spring day that comes, the little one, forgetting the injunction of the mother not to go out of the school-room without its coat, seeks an opportunity at recess-time to leave its coat and its little muffler hanging upon the peg in the school-room. It romps and plays and gets into a perspiration, and Nature says, “This is the opportunity I have been looking for.” That night the little one arouses its mother from sleep because of restless tossing about, and asks for a drink of water. The mother gets up and gives the child a drink; and, noticing the feverish condition of the child, she puts her hand upon its forehead and observes evidences of intense heat. In the morning she notices an eruption upon the skin and hurriedly calls for the family physician. In response as to what the trouble is, after the eruption is

sufficiently pronounced he will declare it to be, "measles." Another child who attended the same school, submitted to practically the same influences, has "scarlet fever," and another "diphtheria." The one having diphtheria is often so overwhelmed with the virulence of the poison that it dies, the amount of poisonous matter in the system determining the gravity of the disease and also the name which we apply. The entire phenomenon was dependent upon an effort of Nature to remove, by means of the skin and the mucous membrane adjacent thereto, poisonous matter, resulting from breathing impure air, eating improper food, overdressing and constipation. These conditions, one or all, were the primary causes. A warm wave, sweeping over a considerable extent of country simultaneously affecting thousands of children who had been subjected, to all intents and purposes, to the same conditions, was the immediate exciting cause, and because thousands were taken down at approximately the same time, an epidemic was said to have made its appearance. So-called contagious diseases, such as smallpox, la grippe, etc., can be ex-

plained and readily understood on the same hypothesis. That the disease attacks some children and not others is readily understood by this explanation. The fever and eruption manifest themselves where the conditions have developed to that point where such an eruption is possible.

Few mothers know to what extent their children are constipated, for after a mother thinks she has established regular habits, she is often obliged to give her attention to the multitudinous duties of the home, so it is not surprising that the habit of constipation should be general early in life. Nature in making an attempt to employ the skin as an excretory medium is only successful in part; she brings about acute conditions; she burns up, by the establishment of fever, sub-oxidized products; it is her method of saving life.

The little one is placed upon a farinaceous diet, is treated for a name, and upon the recovery of the child from the milder types of children's diseases, such as measles, chicken-pox, etc., the child returns to its former method of living. After it has spent another winter shut up in its prison-house, the school-room,

the following spring it falls sick with a more serious form of children's disease, such as scarlet fever or diphtheria.

It will thus be observed that time plays an important part in the development of disease. We do not find apoplexy occurring in childhood, but we find that errors in living will finally bring about in adults degenerative changes in the blood vessels of the brain, that result in an extravasation of blood and the formation of a clot which, pressing upon the substance of the brain, produces paralysis. All of which means years of abuse of the organism and ignorance of the simplest laws governing health. On the other hand, we do not find scarlet fever occurring in old age. All diseases follow a natural law for their development.

I have pointed out that diseases manifest themselves in earliest childhood, are dependent in great measure upon breathing impure and vitiated air, the development of a constipated condition, insufficient bathing of the body and locking up of the pores of the skin; also, interference with the functioning of

the skin as an excretory medium because of excessive clothing. The above conditions result in the system being poisoned because of the imperfect elimination of waste products. It will be readily understood that the milder types of diseases occur early in life, and the more severe forms become established as the poisonous and foreign matter accumulates; therefore we do not hear of children suffering from Bright's disease of the kidneys or of their having cirrhosis of the liver, for it requires a number of years of improper living before diseases of the more severe types become established.

We know that we inherit certain constitutional dyscrasia or weaknesses. A child born from tuberculous parents, given practically the same environment, will probably develop a tuberculous condition. Considering that modern civilization is so far removed from what Nature intended, the average child is born comparatively healthy, and if permitted to live under normal conditions, such a child, barring accidents, will be likely to develop into robust manhood.

## FEVER.

The existence of fever is due to an effort on the part of Nature to remove something. Matter of a foreign character has been introduced into the system; Nature, desiring to save life, attempts by means of the fever, to throw off morbid matter; in other words to burn up imperfectly oxidized products. This matter may have been introduced into the system from without, or it may have been generated from within, the result of cellular metamorphosis.

The old method of shutting the patient up in an air-tight room, putting the patient to bed, smothered with bed clothing, thereby promoting the sweating process, has, in many instances, been effective; and in others it has been followed by fatal results. It does not matter what the fever was dependent upon; whether it be typhoidal in its character, pneumonia or malarial fever; I should seek to promote the radiation of heat by having the patient covered as lightly as possible with a thin sheet, frequently not having any covering at all; possibly a light towel when

necessary around the loins. I insist upon perfect ventilation, and if the weather is suitable, bringing the bed into the open air, and allowing the patient to remain there both night and day. The bowels should be made to move freely and the patient placed upon light farinaceous food or skimmed milk. The removal of animal fat from milk and administering skimmed milk to fever patients, is followed by a rapid subsidence of the fever, the administration of quinine or other antipyretics being entirely unnecessary.

Simultaneously with the establishment of children's diseases of an acute character, we observe, especially during the fall and winter months, the more chronic forms of disease manifest themselves, as for example chronic nasal catarrh, inflammation of the eye-lids, and inflammation of the eustachian tube, which results in earache, so common among children. Sometimes, when the family physician is called in to attend some one seriously ill, the mother happening to remember that one of her children has a chronic cold in the head, will question the doctor in reference to the condition which she speaks of as "the chronic snuf-

fles.” The doctor makes an examination of the child’s nose and says, “Yes, your child seems to have chronic nasal catarrh.” He prescribes, not infrequently, some simple domestic remedy, such as snuffing salt water into the nose. The chronic nasal catarrh does not improve. If the child’s parents are people of means, sometimes a specialist is consulted. The specialist makes a careful examination of the nose and throat, and he pronounces the case to be a “post-nasal catarrh;” he makes various applications and suggests the employment of an antiseptic spray as a wash to cleanse the mucous membrane of the secretions, and thus the child is frequently much benefitted. These measures, however, are only palliative; Nature is employing the mucous surface as an excretory channel, and *she does not intend* the catarrhal condition *to cease*. Later on in life the catarrh has become so firmly established that it is a source of constant annoyance and trouble. A charlatan may be consulted, someone who advertises in the newspapers to cure catarrh. This man makes very pretentious display of apparatus, instruments, etc.,

and he proceeds along vigorous lines. He proposes to *cure* the catarrh by employing heroic measures; one of his favorite methods is to heat a platinum wire by means of a galvanic battery to a red-hot heat. This wire, formed into a loop and while still hot, is inserted into the nostril and the entire surface so far as the instrument can reach is denuded of its mucous membrane. The charlatan has been successful in removing the catarrh. Those natural protectors placed at the entrance of the nose for the purpose of gathering and holding particles of matter have been removed and the nose no longer serves the purpose that nature designed it for. About the time of the appearance of chronic nasal catarrh in the child there is also established, more or less, congestion about the back of the throat, the pharynx, and thus we have developed pharyngitis, laryngitis, acute and chronic tonsilitis. During the whole period of childhood, especially during the winter and spring, the child has frequent colds, and is obliged to remain at home from school for days with first one disease and then another.

Child life has become so identified in our minds with diseases that it does not excite comment or surprise when we hear of a child being confined to its home with an ailment of some nature, sometimes a slight cold, at other times a most serious trouble. We have so accustomed ourselves to these conditions that we look upon disease in children as the common experience of all—one that is to be expected.

The young medical student, in fitting himself to practice his profession, has placed in his hands text books devoted to the study of children's diseases. Specialists devote their entire time to the treatment of these diseases, and as professors of such diseases, lecture to the undeveloped mind of the medical student upon such subjects, and disease is looked upon as a necessary part of our very existence. The student meets with children suffering from diseases he himself had in passing through the period of childhood, and therefore it is to be expected that children's diseases are a part of Nature's plan.

The medical student listens to lectures from one professor on Physiology, from another on Anatomy,

from another on Chemistry, from another on General Medicine, from another on Pathology and from another on Surgery. The professor of Physiology lectures upon the kidneys, upon the digestive apparatus, upon the spleen, upon the heart, upon the lungs. After three or four years of cramming, the young physician comes out of college hardly knowing where he is at, viewing the body, as it were, from the standpoint of a human manikin. The several parts of the human body have been studied separately, and remain disjointed if we can judge by the results. The body has not been put together and studied as a whole. Were this so, the young graduate would be better fitted to assume the responsibility of giving advice in matters pertaining to health, sanitation and hygiene. He would look to the removal of the causes of disease, instead of using drugs to alter or suppress disease conditions.

There was never anything more atrocious, more stupid, than the attitude we take in regard to disease. We are blind leaders of the blind, it is time for us to study Nature's methods. It is often a subject of re-

mark that medicine is not a fixed science. It is easy to understand why it is not. The application of drugs to disease is purely an invention of man, is unnatural, artificial and contrary to Nature's purposes. Prior to the discovery of the law of gravitation by Newton, the world could not have stopped five minutes to think why the apple fell downward and not upward. The world for hundreds of years blindly accepted the theological dogmas handed down by those in ecclesiastical authority. Scientific minds outside the church have changed the thought of the thinking world in such matters. We, in turn, must stop our present methods or we shall become the laughing stock of thinking people.

It is not until we have reached the age of 17 to 23 that the human organism is so overwhelmed with the wornout products of the body, the products of decomposition and of waste, that Nature is obliged to employ the lungs as an excretory channel, and here her purpose is to save life, and not to destroy it as is commonly supposed. We wonder why it is the human organism should be afflicted with so seri-

ous a disease; that in this country statistics tell us there are in the neighborhood of 500,000 tuberculous patients. In Germany, where they have a population many millions less than in the United States, there are said to be 1,000,000 cases. The difference can be easily accounted for when we stop to consider the relative thickness of the houses in the two countries. It is not uncommon for the German farmer to build his house with walls two or three feet in thickness, made of stone, the ceilings very low. When the doors and windows of such houses are closed, there is not sufficient cubic feet of air for the poor creatures consigned to such a tomb. Abraham Lincoln is said to have made the remark that "air-tight houses are responsible for more deaths than log cabins." Ventilation was said by Wendell Phillips to be among the "lost arts," and he was accustomed to say, while lecturing upon the subject of "Lost Arts," that "the ancients built the tombs of the dead better than the moderns do the dwellings of their living."

Soon after the child arrives at manhood or womanhood the system becomes so completely overwhelmed

with the noxious or wornout products of the body that have not been eliminated through the natural excretory channels, that Nature deposits upon the mucuous surface of the respiratory air tracts, an infinitesimal portion of unorganized foreign matter that has been stored up in the intercellular spaces. This is added to by the deposition of additional matter until an irritation is set up and the irritation excites a cough. The cough is for the purpose of expectorating this matter, and in this way the life of the patient is prolonged. Nature also has another plan: she surrounds the deposit which we designate by the name of "a tubercle" with a wall of lymph and thus the foreign matter becomes incapsulated. The germs drawn into the lungs from the air we breathe, enter this mass of foreign substance, envelop themselves in it and play their part; they propagate by the millions, die, and their alkaloidal dead bodies, the ptomaine, also become a factor in transforming this putrid deposit into a substance that will no longer act as poisonous matter, and thus we see established the first step of caseous degeneration,

as it is termed. The process goes on still further by the deposition of lime salts within the tuberculous deposits, and we have this mass transformed from a cheesy or caseous mass into a chalky deposit; the process is then complete, and is known as calcareous degeneration. In pursuing this plan Nature has said, "thus far shalt thou go and no further. I will make a deposit within the substance of the lungs, and will envelop that deposit so that it can no longer encroach upon the surrounding healthy tissue. The process is similar to that which happens when a splinter enters the skin, if not removed. Does not the skin fester until finally the foreign and offending body is thrown off by suppuration? It frequently occurs that Nature employs the mucous membrane of the rectum contiguous to the skin, as an excretory channel; a dilatation of the hemorrhoidal vessels takes place, frequently aided by a constipated condition, and sometimes Nature will establish an opening at the rectum, which we call a fistula. Thus we see that an effort is made at both ends of the alimentary canal. The rectum, the lungs and the nose are all employed as excretory channels.

As it is still a controvertible question as to the part that germ life plays in disease, it by no means being scientifically proven that the specific germ of tuberculosis has been isolated, I will therefore not enlarge upon this feature of disease. I am of the opinion that germs would not enter the organism if they did not find a favorable and inviting field. I am not willing to concede that an infinitesimal micro-organism possesses a higher order of intelligence than man. Therefore, in instructing a child concerning its environment and with itself, I should not deem it necessary to educate it in the mysteries of germ life. Prof. Sternberger has found the tuberculous bacilli in the mouths of healthy human beings, and at a recent examination in one of the consumptive hospitals in England, many of the attendants were found to have large numbers of the tubercle bacilli in their nasal and buccal cavities. For the study of the science of living, I believe that we can disregard unproven theories and adhere to the one rule of perfect cleanliness. I would like to point out, however, for the consideration of those who have, without

qualification, accepted the germ theory, the significant fact that we seemingly have germs whose activity depends upon the existence of cold weather. We also have those whose activity seems to depend upon the existence of warm weather, for example, as the Fall approaches, typhoid fever develops itself and is supposed to be due to the typhoidal germ. But we also know that typhoid fever is frequently due to drinking impure water. Again, smallpox is supposed to be contagious, and some writers claim the existence of a smallpox germ which requires cold weather for its development. Not many years ago, smallpox was exceedingly prevalent every winter in New England. Of late years owing to the more general introduction of bath tubs into our homes, there has been a marked falling off of such cases, in other words, the adoption of cleanly habits and proper recognition of sanitary laws, has caused the disease to be but little known excepting in a few isolated cases directly traceable to filthy habits and filthy surroundings. Nearly every winter, however, we have a smallpox scare. When a case is discovered, authorities and others become more or

less panic. The following serves to illustrate my point: The winter before last the telegraphic keys were set in motion announcing to the world that smallpox had broken out in the exceptionally clean town of Morristown, N. J. A few cases had been reported at Newark and New York, when the announcement was made that even Morristown was infected, it created a great sensation. When the rumors had been run to earth and the actual facts determined, it was found just two cases had developed both of which occurred in the case of negroes whose immediate surroundings and bodily conditions had been unspeakably vile.

During the month of March last year, I spent considerable time in North Carolina and soon after my arrival at a well known winter resort, I was warned by the hotel manager and others to be careful not to go through the negro quarters as smallpox was exceedingly prevalent among them. Upon careful inquiry I ascertained that the white population was entirely free from the disease and there had been over sixty cases of smallpox in a population of negroes of less

than 500. I also learned that each winter smallpox was exceedingly prevalent in the negro colony, that such news was not telegraphed North for fear of shutting Northern visitors out upon whom the town depend so much for patronage. There seemed to exist in the minds of the white population there was almost no danger provided one did not visit the negro quarters, which was so completely isolated from the town proper, that the health of the whites was not especially endangered. The lesson to be drawn from the above is, that fear of the contagiousness of the disease was an important element, and notwithstanding the element of fear, the entire white population was exempt from the disease, and that it was confined entirely to that section of the community that was notorious for its want of cleanliness.

Yellow Fever, Enteric Fever and Typhus Fever are more or less common in all tropical countries. Investigators are at work endeavoring to discover the specific germ that is supposed to be responsible for the development of these diseases. Suppose it should be ultimately determined that concomitant with the

development of anthrax, lupus, sarcoma, tuberculosis, syphilis, and the thousand and one diseases afflicting mankind, that each disease was influenced by and dependant upon a specific germ, what is to be the logical outcome of such differentiated knowledge? That we are to go about with microscopic eyes, dodging first one microbe and then another for fear of being attacked by these micro-organisms or shall we simply observe laws of cleanliness in all things? I believe that the observance of temperance and cleanliness will remove most of the miseries of human existence and establish for us a condition of health, peace, harmony and happiness.

Sometimes Nature throws out upon the exposed surface of the body, namely, the hands and face, an eruption, usually in the form of an eczema, which is frequently given the name of salt rheum. In stout people, Nature sometimes establishes an ulcer on the leg. It first manifests itself in the form of a pimple which subsequently breaks down, spreads and becomes an ulcer. After the employment of the usual domestic remedies, and the internal use of one or two bottles

of sarsaparilla (another name for iodide of potash) the patient finds his way to the office of a physician for the purpose of having the trouble healed, or more correctly speaking, suppressed. The manner in which the patient approaches the physician is sufficient of itself to warp the judgment of the average man. The patient, frequently hobbling in with a stick, says: "Doctor, I have a sore on my leg; I've tried everything for it and thought I'd come and let you see if you can't do something to heal it up." The doctor looks at it and says: "Yes, that looks very bad; it is a chronic, indolent ulcer." We try by means of iodoform ointment, salves, powders, etc., to heal the ulcer and meet with failure. Finally we try strapping, believing that by excluding the air we can stimulate granulation from the bottom. Sometimes our efforts are partially crowned with success, but fresh granulations are very apt to break down and where they remain there is usually an extension of the ulcerated surface further along the edge. For weeks, sometimes for months, the patient is subjected to this process, and the ulcer remains to bid defiance to all our efforts.

Nature did not intend that we should be successful in thwarting her efforts by closing up that avenue of escape that *she* had established for the removal of the *wornout poisonous products* of the body.

I have travelled extensively throughout the South in search of a climate suitable for the treatment of tuberculosis, and I have been astonished to see the little discretion shown in sending patients South. Most patients are sent in complete ignorance of what the actual facts are; they have been deceived for months previous to their departure; they have been informed that their case was one of simple bronchitis, or, that they had a spot, the physician not detecting the spot until the physical signs were most pronounced or fully developed, the pre-tuberculous stage never being recognized at all, or the symptoms incident to the pre-tuberculous stage are frequently mistaken for malaria or diagnosed as chronic bronchitis. Finally the patient is sent South. To give a patient instructions to go South without anything more definite, is almost equivalent to a crime. I have seen thousands of patients who have been sent South,

so improperly located that it would have been infinitely better if they had remained at home. Many make the serious mistake of going to a high altitude in the mountains. One very popular place is Asheville, North Carolina, at an elevation of 2,500 feet; the dampness in the air is very apparent because of the melting snow, and in the Spring of the year the mud in the streets is anything but pleasant for the tuberculous patient to wade through. The climate tuberculous patients require is a moderate altitude, a dry air, an equitable temperature, and, if possible, a sandy soil. Such conditions can only be found in the South, in a very limited area, namely, in the sandy, piney belt. The deeper the sand and less clay, the more desirable such a place is for the tuberculous patient.

Southern California comes nearer the above conditions than any other section of the United States.

I desire to point out to the profession the necessity of giving patients instructions when sending them to the South, as to the necessity of living in the open air; sleeping in the open air, if they have the courage to do so. How often have I seen patients huddling around

a stove, or worse still, the men, after eating a full course dinner, adjourning to a small room, such as is provided in most hotels, and five or six sitting down and playing until midnight our national game (poker), with all its accompaniments, smoking for dear life with a bottle close at hand, while ranged up around the walls would be half a dozen men taking part in the excitement. It is an awful spectacle, considering the benefit that might be gained if they would only take advantage of the possibilities. This I have witnessed night after night, the atmosphere of the place being unspeakably vile, for not one breath of air would be permitted to enter from outside. One after another of their number they see pass away, and yet they do not change the habits and customs they bring with them from the North, that have given rise to the development of a disease which by our present methods is practically incurable. They go South for air and shut themselves up in a hotel or boarding-house as they have done in the North, for fear of "catching cold," all hot-house plants, every one, never recognizing that they have a body the skin of which should

receive the benefit of at least a sun-bath, but are content to pursue a "do-nothing" policy, being encouraged for the most part in the pursuance of this plan by the physicians who send them from the North, as they are told that "a change of climate will be all that is necessary." Few patients get the benefit of the change in climate, for the women bundle themselves up ridiculously and sit around in hotel parlors hugging the radiators, while the men sit huddled in the smoking and card rooms previously referred to. When they desire to go into the open air, they step outside the door to look at the thermometer to see if it is cold. If it is the least bit cold, they put on an overcoat and go out, possibly for a long walk, coming back so tired that they can hardly drag one leg after the other. I do not exaggerate these conditions in the slightest. I have known patients who were amply able to go out on the balcony and sit several hours a day in the sun, to shut themselves up in a dark room where the sun could not enter, and remain with the windows closed, making it impossible for proper ventilation. Thus they remain in this self-imposed prison, breathing the

air of their own discharges until death closes the scene. I have gone into details in this matter in order that it may be impressed on the minds of physicians the necessity of giving patients explicit and careful directions regarding such matters.

I cannot refrain at this point from speaking of a few incidents that took place during a recent Southern trip, that struck me as being peculiar.

While stopping at a small town on the Sea Board Air Line, I was invited by the Mayor, Mr. J. W. Pope, to address the Town Improvement Society. The appearance of one young man in the audience was so remarkable that I felt compelled to speak to him. He seemed to be suffering a great deal. His breathing was short and labored. The heat was so intense that I had requested that all of the doors and windows in the hall, both front and rear, should be kept open. This gentleman was seated very near me, and notwithstanding there were a large number of people present, when I came to that portion of my address referring to "overdressing," I held this young man up as a most beautiful illustration of my thought. When I

suggested that he might feel very much more comfortable if he would remove some of his superfluous clothing, he took off first an outside heavy overcoat, next a warm inside coat, then a thick waistcoat and then a thick woolen sweater. It was the sweater around his neck that first attracted my attention. The audience was simply convulsed with laughter, for there was a living example of the extent to which we carry the absurd habit of overdressing. I permitted him to keep on his soiled starched shirt and the two boardlike undershirts (assuring him that he would not catch cold) and after putting on his walking coat, he resumed his seat, feeling much more comfortable. After my talk was over, the young man thanked me and said he felt better. I advised him to go home, to take a cold bath, remove at least one layer of underclothing, put on an outing shirt and but one light summer coat, without a waistcoat. He followed my advice, and the following morning met me at the station looking infinitely better. He said that he had not felt so well in months.

A few days after that I happened to go into the

railroad station at Southern Pines, and there I saw an intelligent looking man hugging the stove in the middle of the room, getting just as close to it as possible, wearing a handsome and no doubt expensive sealskin coat. The heat of the room and offensiveness of the air were something frightful. It was a delightfully warm day and the fire was entirely unnecessary. After transacting my business with the station agent, I saw that my friend with the sealskin coat was still seated close to the fire. I walked around the room to get a better view of the gentleman, and as his countenance indicated that he possessed a kind nature, I said, "Pardon me, sir, but observing your dress on this very warm day, I am reminded of a remark that Dr. Knight, of Boston, once made to one of his lady patients who persisted in wearing a sealskin coat, contrary to his advice: 'If you don't bury that coat, it will bury you.' " He laughed heartily and seemed to be fully aware of the absurdity of the situation. We exchanged cards and I found him to be a brother physician.

To illustrate the extent to which patients are de-

ceived as to their condition: A gentleman of intelligence, and bearing evidence of once having been a superior type of man, even from a physical standpoint, though at the time I mention emaciated to a mere skeleton, was one of a number of patients who were accustomed to frequent the card-room nightly. This man was a Congressman, a lawyer and a man of means. He suffered from tuberculosis, and the disease was daily making inroads largely due to his thoughtless living. One day, while playing billiards, he was attacked with an exceedingly violent hemorrhage and fainted. After some difficulty he was restored to consciousness, and his first remark was, "Doctor, you need not be alarmed about me; I have had these attacks lots of times; the blood all comes from my stomach." The blood was bright arterial in color; a rupture of a small artery had taken place in the lungs. He had been told that the hemorrhages came from his stomach, for they did not desire to alarm him. Perhaps, in the light of our present methods, such deceit is justifiable. We all know that it is a rule to disguise the actual facts from patients, and believe it a kindness

to do so. So long as our methods of treating such cases are so faulty, it does seem a cruelty to announce the death penalty, by honestly stating facts; but so long as the deceit is kept up, it is impossible for us to make any advance in the treatment of tuberculosis, for it should be a part of the treatment to acquaint the patient with the facts that led up to the establishment of the disease, thereby securing his assistance and intelligent co-operation in removing the cause. By so doing, there would be no further necessity for lying, but there would be every reason in the world to state the truth if you desire the intelligent co-operation of the patient toward the restoration of health.

Recently we have heard much of the possibility of securing good results in the treatment of tuberculosis by going into the woods of the Adirondacks. One railroad company has issued a pamphlet calling the attention of the public to the advantage of a winter residence in Sullivan county. The pamphlet is illustrated by pictures showing patients wrapped in seal-skin coats, sealskin gloves, and hoods over their heads, after the manner of the Esquimaux, and sitting in the

open air. While pure air is an exceedingly important requisite, too much of which one can never secure under proper conditions, the absurdity of thinking to arrest tuberculosis by such methods must be apparent to any thoughtful person, for is not our Northern climate and overdress largely responsible for the development of both acute and chronic inflammation of the lungs? Such patients are not easily persuaded to adopt open-air methods; it is with great difficulty they can be prevailed upon to leave their comfortable and artificially warmed rooms.

I have been told by a gentleman who was interested in the establishment of Government Reindeer Stations in Alaska, and who has written much concerning the Esquimaux, that almost every one of the 16,000 inhabitants of Alaska has tuberculosis. Is not the severe climate responsible for this? The inability to bathe the body, the homes consisting of mere dugouts with only one opening, which serves as a chimney and door, in which an entire family, or families numbering from 14 to 16 human beings, live for a period of eight months out of the year? Why should we adopt similar

methods, expecting curative results? The proposition appears to me to be absurdly illogical.

We should change our method of educating the young, by first acquainting the child with itself and with its environment. It would thus learn to protect its little body from suffering dependent upon improper living, and disease would be practically abolished; but it will take generations of educational work to accomplish this. This can best be done by physicians to whom the public naturally turn in matters of hygiene, dietetics and public health. Thousands of sufferers who look upon their cases as incurable, and who have lost all hope, can be restored to health. The non-use of drugs and the employment of natural agencies will not, by any means, dispense with the function of the educated physician. Unfortunately, as a rule, people are not interested in the subject of "How to Live" until sickness overtakes them, and even those people do not become thoroughly conscious of their error, for the reason they have become accustomed to look upon sickness as a normal part of human existence, for it has been their experience since childhood to

have had days and weeks of sickness. There never was a greater fallacy than the acceptance of this idea. We have been groping along blindly in matters social, theological and medical, for the most part accepting everything that we have been taught. It is time we should change our methods of living. We must do so in order to be free from disease; and being free from disease means the building up of a sound body with the possibilities of a sound mind.

#### DRESS.

Notwithstanding the criticism that women are subjected to because of their frivolities and eccentricities of dress, it is a fact that their peculiar manner of dressing saves the race from destruction, for they are the real preservers of the human race. If our women dressed as men do, we should be wiped off the face of the earth. Tight-fitting clothing in men is an important factor in developing lung troubles, because of tight clothing being such a serious interference with the functioning of the skin. Our women, fortunately, go about either hatless or wearing a mere apology for one. Indoors they invariably wear slippers of the

lightest grade of leather. Their shoes are made of thin kid, in place of calfskin, permitting some degree of ventilation; their stockings are made of the thinnest fabrics often ornamented by a great variety of open-work. From the hips down the clothing stands away from the body. The undergarments are made short and of light material. Could anything be designed more hygienic and better suited for the purposes intended? How infinitely preferable to the thick, board-like, tight-fitting drawers worn by men! The waist is invariably made from thin material, and in the summer worn without a jacket; and from the bodice up is sensibly provided with perforations. These are the things that, up to the present time, have saved us as a people. If the present custom, however, of the adoption of men's attire, on the part of the women, is to prevail throughout the world, we shall have to suffer the penalty. I refer to the adoption of mannish shoes, mannish collars and thick, heavy skirts.

While wool is exquisitely adapted for outer garments in cold climates, its use next to the skin is exceedingly injurious. It imparts a sensation of warmth

which deceives us as to the real facts. Wool is popularly supposed to rapidly absorb moisture. That it does not do so is evidenced by the fact that for towel-ing we always employ linen or cotton. We know very well that the oily nature of wool prevents our wiping the hands or face dry by the employment of woolen material, therefore we use linen or cotton. The result of wearing woolen undergarments is that the moisture arising from the body condenses and remains on the skin, because the woolen garment does not take it up, which explains the sensations of chilliness which all people have who wear wool next to the skin. It interferes with the rapid volatilization of moisture from the skin, thus rendering it possible for people so dressed to be continually the victims of cold. Moreover, a thick woolen undergarment rarely becomes perfectly dry. It is returned to us from the laundry damp, and is placed on our bodies in this condition. It is impossible to wash such a garment clean. Germs are not destroyed under 212 degrees Fahrenheit. If a woolen garment were subjected to such a degree of heat, it would shrink to such an extent that it could

not be worn. Woolen garments are washed at a temperature of about 90 degrees. They are returned from the laundry full of germs, as may be shown by making a microscopical examination of a garment that has been in use for any period of time. Up to the present time linen has been woven so closely that I have not been able to advise its use, but it is now possible to obtain linen and cotton mesh clothing of different degrees of porosity, rendering the use of such underclothing especially valuable for those who are interested in the preservation of health.

#### CHRONIC DISEASES.

The question of dress applies to all chronic diseases. As most human beings are simply the slaves of fashion, influenced by it to a far greater extent than most of us are willing to admit, from the Hottentot who wears feathers to the modern belle who wears feathers and furbelows, or the dude whose main ambition seems to be to pile on as many clothes as possible, his head immovably fixed in a high collar, thoughtfully engaged in nursing his cane, the regulation of the dress from a hygienic standpoint is a very difficult matter. I have

often been impressed with the fact that if we could only get rid of our clothes we would get rid of our diseases. The skin is an important factor in protecting us from cold; it contracts under the influence of cold and dilates under the influence of heat. We fail to recognize the fact, that by contracting, the skin keeps out the cold, and we cover ourselves with a greater amount of clothing than climate or modesty demands. It is a well-known fact that if the arm be put into a splint, that is, encased in a covering excluding the air and rendering the part immovable, the muscles shrink because of disuse, and upon the removal of the splint or covering, the arm moves with difficulty. The same rule applies to the skin. The skin is rendered flabby and inactive in consequence of being covered with an excess of clothing which we wear during the day and the unnecessary amount of bed-clothing we cover ourselves with at night. The pursuance of this course during our early period of growth renders us weak, effeminate and ultimately becomes a factor in the establishment of disease. The presence of sickness, however, is educating in its influence, and like sin, in the

end becomes self-corrective. As evil has been called modified good, sickness oftentimes results in the establishment of a lasting and more permanent condition of health. I sometimes wish that physicians could enlarge their field of usefulness or that the spiritual adviser could enlarge his. They are not two separate and distinct domains, and the pursuit of the one without a proper recognition of the other results in the development of the imperfect man.

One of the most discouraging things that I have experienced in the handling of serious chronic diseases is, that while I find no difficulty in having patients dress very lightly during the period of convalescence, with sandals, loose garments, and a hat patterned after the Japanese custom, yet, as soon as they were nearly restored to health, on every possible occasion they would resume their former habits of dressing; encasing the feet in heavy leather shoes and wearing all the tight-fitting abominations in the way of clothing that can be obtained, and, ape-like, securing if possible the latest fashionable designs. In other words, notwithstanding all advice that had been given, all the suffer-

ing they have endured as a result of living a thoughtless life, before a complete restoration to health has been secured they resort to the old habits, and almost consider it an infringement of their rights if any attempt be made to interfere with them. No permanent or lasting good can be secured for such people. Not until the patient has been treated from another than a strictly medical standpoint is it possible for us to secure permanent results, for the trouble is quite as much in the mind as in the body. The body simply reflects the condition of the mind. If we are satisfied to remain mere apes, copying one another in matters of dress, and our conversation to resemble more a lot of magpies than conscious rational creatures, not until each human being has been trained or taught to think, not until they have become distinctly individualized can we ever hope to escape from the ravages of sin, sickness and premature death.

Before such an influence can be brought to bear upon the people, physicians themselves will have to take a broader conception of their responsibilities. It must be very unsatisfactory for a physician to feel that

he has done anything less than his whole duty. To patch up, as it were, the human machinery that has gotten out of gear, and let it go at that for a few paltry dollars, is to my mind, unworthy of the great calling he has chosen as his life's work. It is being blind to the actual facts to disregard the organism as a whole. We have to become not only healers of the body, but teachers of morals, sanitation and hygiene—in other words, to teach the Science of Living.

Plato's conception of the responsibility of a physician is well expressed in the following: "Neither ought you to attempt to cure the body without the soul, for the reason, the cure of many diseases is unknown to physicians is because they are ignorant of the whole, which ought to be studied, for the part can never be well unless the whole is made well." Plato's criticism seems to be quite applicable to our present methods.

During the seasons when the weather will permit, clothing should be worn as loosely as possible, with an end in view of giving the skin an opportunity of breathing, permitting it to have the benefit of an air-

bath, as it were. If the patient is strong enough to get out of bed, he should take a morning sponge-bath, of cold water, which is done for the purpose of equalizing the circulation. During the night most people sleep with so much covering that the blood is driven into the interior of the body. After the sponge-bath, moderate calisthenic exercise should be indulged in, for a period of from five to fifteen minutes, the character of the exercise being altered to suit the individual requirements of each case. A person under treatment for obesity, capable of taking quite violent exercise, should receive directions different from those given to a patient suffering from a weak heart. Just enough exercise, being careful not to overdo, is an exceedingly important matter and should be carefully carried out in each individual case. Most consumptives, whenever they have an opportunity, take long walks which invariably result in a rise of temperature. It is a common thing for the consumptive to walk himself to death. Long walks followed by exhaustion, mean that the process of destruction of tissue is more rapid than the process of repair. Our

muscles were evidently intended for a much greater degree of bodily activity than many of us are accustomed to. The workman who, according to the Scriptures, earns his bread by the sweat of his brow, soon after waking from his night's sleep, goes to his work; his body becomes alive, the circulation of his entire body becomes perfect. It is doubtful if Nature, in designing man as she has, took into consideration his being locked up from sunrise until sunset in workshops, factories and counting-houses.

After light calisthenic exercise, the patient should be brought to the window and recline in a comfortable chair (a steamer chair being well adapted for such a purpose) in such a position that the life-giving, energizing force of the sun's rays may be permitted to play upon the skin of the entire body. Human beings require to be bathed by the sun's rays, for their growth and development, quite as much as trees and vegetables require this life-giving force. Shutting ourselves up inside of four walls, closing the blinds and drawing the curtains so that our carpets and hangings may not be injured by the sun, and

confining ourselves in such a tomb, can be followed by but one result, loss of health. The rapid disintegration of woodwork that takes place in a house unoccupied, is a matter of common observation. We require for the maintenance of health to live in an atmosphere that is being constantly changed. Nature never designed that we should live inside of four walls. If conditions render it necessary that we should do so, then we must guard against staleness in the air we breathe. In a closed room, to make myself more perfectly understood, it is not sufficient that one should occupy a room with the window slightly open, believing that by the adoption of this plan we have all the air we require to support life to its fullest, but if we must needs confine ourselves within four walls, we must see that the air is being constantly changed. A corner room is therefore preferable to a room which has windows only on one side. We must see that there is a current of air in constant circulation, without creating a decided draft. In most private houses, especially in the country, this is an exceedingly simple

matter to regulate by having the doors open from one room to another, with the windows lowered or elevated a little, as the case may be. In severe weather a small aperture is quite sufficient, provided another such aperture is made in an adjoining room or rooms. The subject of ventilation should never be lost sight of, by those who are obliged to live inside of four walls.

Most of us are under the impression that the nourishment of the body is dependent almost entirely upon what we eat, and lose sight of how important a factor the air we breathe is in supporting life. If circumstances will permit, that is if the strength of the patient and the environment are such that the patient can be placed on a balcony, in a garden, or on a roof, in a partially nude state, for the daily sun-bath, such a plan is infinitely to be preferred to keeping the patient indoors. We all know how much more buoyant and high-spirited we feel when in the open air. It does not matter how thoughtful and intelligent our methods have been to secure perfect ventilation in our homes, we feel the change immediately upon entering the open air. This fact of itself should be sufficient to sug-

gest to us the necessity of living in the open air as much of the time as possible. I do not believe that we should ever sleep indoors excepting to protect ourselves when the weather is unsuited for outdoor sleeping. When the body feels chilly, because of a passing cloud or from any other cause, a teaspoonful of sweet oil, taken internally, and a few moments of brisk rubbing of the body, either by an attendant or, what is still better when the strength of the patient will admit, going over his own body, sufficient heat will be generated to produce a delicious sense of warmth. When it becomes necessary to cover the body, do not do so by putting on closely fitting garments and tight shoes; put on loose garments, and it will be found to be all that is necessary to make one comfortable. I consider the matter of dress of deep importance, and for that reason have dwelt at length on this point, for I have found that where persons can overcome conventionality in dress their progress is rapid and the possibilities of recovery are infinitely superior than in the case of persons who are bound down by tradition to ridiculous and irrational habits of dress.

I have spoken of the body as a monument of cells. These cells are nourished by blood vessels. The cells take up that which they require for their nourishment, and give out wornout products, the result of cellular metamorphosis, so that we not only have a body made up of an aggregation of cells, but a body possessing a circulatory system, so minute in its ramifications that it is impossible to insert the finest needle into the tissues without an exudation of blood or serum.

The circulatory system performs an important function. It not only carries nutrition to every cell within the human organism, but it is also burdened with the removal of waste products and it deposits these products wherever it can find a favorable place. Nature has her natural channels for the removal of waste products, and whenever through our disregard or ignorance of the laws of right living we interfere with the normal and proper excretory channels, such as the intestines, the kidneys and the skin, Nature will deposit morbid products, fatty and otherwise, in various parts of the body, almost invariably selecting the outside of the body,

hoping thereby to have these products removed by the skin. This is to call our attention to what is taking place. Nature is thoroughly intelligent in her methods and expects us to heed the warning. The process is very similar to that which she adopts to purify water. For example, a stream of water coursing down the mountain side attempts to purify itself of debris by throwing such matter to the outside and to the edges of the stream. You will notice that all foreign matter such as waste wood, leaves or nitrogenous matter, adheres to the banks of the stream as the water courses past. It is simply making an effort to purify itself. The same is true of the deposit of fatty matter immediately under the skin. A normal and proper amount of fatty matter gives beauty to the form and elasticity to the skin ; it improves its texture, but when a greater quantity accumulates than Nature requires, then that which was normal and healthful becomes abnormal and pathological. The amount of excrementitious matter being constantly exuded from the skin can be readily seen immediately upon the removal of the hat from the head ; the leather hat band

preventing the volatilization of oily matter, which stands out upon the surface of the skin. We all know what a thoroughly offensive thing a man's old hat is. Some men wear their hats until they become offensive through the absorption of oily emanations from the head, and that leads me to remark what an abomination the average hat is. It is ugly in appearance, for it is seldom that you see a hat that is capable of ornamenting a human being. In walking through our art galleries you will observe that sculptors and artists have not given the world a Venus or an Apollo with any attempt at ornamentation by placing on them any kind of head covering.

What more beautiful thing is there in the world than a woman's head luxuriously covered with well-kept hair? Women go into the streets, to the opera and about their homes without a head covering. Everything is a mere matter of custom and habit. Why should not men do the same? If they did, there would be fewer bald heads in the world. The hair of men, when properly groomed and well kept, is as beautiful as that of women. It is not as fine, but it denotes

strength and physical power. No man should wear a hat that does not have ample ventilation even in winter. During the summer, when it is desirable to protect the head from the intensity of the sun's rays, wear a hat provided with an air chamber around the head. Never be guilty of wearing a hat indoors. Some have a habit of wearing a skull cap on every possible occasion, for fear of catching cold upon the top of the head. Why, my delicate hot-house plant, do you think that you would catch cold on the top of your head if you kept your body clean both inside and outside? The habit of wearing head covering is an acquired one; it is contrary to the instincts of childhood. When a favorable opportunity occurs, go to the outskirts of the town and take a long walk with the head covering removed, and thus enjoy the luxury of being bare-headed. Don't do it, however, if all of your natural avenues for eliminating waste are plugged up or obstructed. Dirty people cannot enjoy the sensation of air coming in contact with the skin. Anyone who is capable of committing the unpardonable sin of wearing the same clothes during the day they have

slept in during the night, does not half live; he cannot appreciate the joy of living. I hope no one will feel justified, from what I have said, in rushing off to a Turkish bath establishment, as Turkish baths are not only exceedingly weakening to the system, but such places are usually in basements where proper ventilation is either impossible or not considered, and the atmosphere is unspeakably vile. Such baths have a very enervating influence.

I desire to point out the desirability of living in such a manner as not to invite disease; to stimulate in the minds of the thoughtful a desire to correct their mode of living and to remove disease conditions by the adoption of natural agencies.

I have found no difficulty in removing disease of almost every name and nature by the employment of such agencies. Chronic nasal catarrh, that bane of the human race, yields very readily. Specific blood disease and skin diseases respond equally well to treatment; all forms of tuberculosis, pulmonary and otherwise, never fail to improve; so also do cancer, rheumatism, gout and chronic ulcerations of all kinds. I

see no advantage to be gained by the administration of drugs, and rarely have occasion to use them. A condition of ill health, brought about by years of improper living, cannot be materially altered or changed by the administration of a drug. Symptoms may be checked, the surface play may be altered, but the disease itself, unless cured by right living, simply changes its aspect. When tuberculosis has advanced to such a stage that there is general systemic poisoning and there has been a marked breaking down of pulmonary tissue, the system being overwhelmed with wornout products, the result of months and years of erroneous living, such cases cannot be restored to health when great loss of tissue is involved. It is not reasonable to expect in such cases that a condition of health can be brought about at such a stage by the sudden adoption of a correct method of living.

Notwithstanding the value and use of natural agencies—I mean by natural agencies pure air, proper food, pure water internally, the use of water, hot and cold, externally, as therapeutic measures, also the employment of oxygen in its

ozonized form and electricity—experience has taught me that it is unwise to promise a restoration to health in advanced cases of tuberculosis. For though I have seen cases seemingly hopeless regain their health, so that they were able to fulfill the responsibilities of life as well as the average man, still, as stated before, I do not find anyone healthy; some are more so than others, but none perfectly healthy. A condition of relatively perfect health, from a scientific standpoint, can be brought about for the average man by the adoption of principles of right living, and for the vast majority of persons suffering from conditions hitherto *considered incurable*, their disease can be removed as if by magic.

I have pointed out as clearly as possible, why it is the human family is afflicted with disease. To prolong human life to vigorous old age means that we shall have to return to a simple mode of living, and the very measures necessary to be employed to arrive at that end, must necessarily be employed to remove the disease conditions affecting the human organism. Those physicians who have been psychologized as to the

value of drugs will find it very difficult to adopt new ideas and change their method of practice. A large percentage of those, however, who have had years of experience, will see the force of my arguments and feel in sympathy with them; and the suggestions already made will enable them to adopt measures for the more successful treatment of their patients. No one can doubt there must be something radically wrong when we find there are just as many diseases, according to the text books, as there ever were in the world's history, and the number of doctors to each thousand inhabitants is constantly increasing.

It is not my purpose, in a little work of this kind, to take up *every* disease named in our text books and give a detailed description of the measures necessary to be employed to remove them. This has been done in our old text books without giving proper thought as to the exact nature of the case in hand and the scientific value of the drug or agent to be employed. We have prescribed mechanically as it were. It should be sufficient for me to lay down general principles, and for the ingenuity of the physician to be able to apply

such measures without going into details. If I should attempt, in each individual disease, to lay down the exact methods to be pursued in every case, it would simply encourage automatic methods. A physician becomes of value to the community only as it is possible for him to think and to know without any question of doubt that the measures he is pursuing are clearly scientific, why he is pursuing them, and the result that he desires to attain. To prescribe, as we say, empirically, is to prescribe ignorantly. If every physician would adopt the practice of giving a placebo (substitute for drugs) until he felt certain as to the character of the disease, it would give Nature a chance to effect a cure.

You can see how little difference it makes as to whether a disease is on the surface, as for example, psoriasis, eczema, chronic ulcerations, chronic nasal catarrh; or under the surface, as for example, fatty tumors, cancers, nodules or cysts; they all mean one and the same thing, namely, an effort on the part of Nature to throw off morbid products, and the same curative measures to be em-

ployed in one case are to be employed in the other. How shortsighted, in the light of what we know to be the truth, to extirpate a cancer, hoping thereby to effect curative results! Does it not return repeatedly until death ensues?

Disease conditions of every name and nature will be associated with a history of having disregarded Nature's laws in certain particulars; therefore in each case you will find that in one or many of her laws she has been abused. There will be found uncleanness either of the outside of the body or the inside. It is just as essential to keep the inside of the body clean as the outside. In certain persons there will be found to have existed an entire disregard of the necessity of breathing pure air, or the patient has lived on stimulating food, consisting of tea, coffee, meats, spices and pastry containing lard. Pork has entered largely into the diet, either in the form of pastry, as shortening, doughnuts or potatoes fried in lard. In some a history of more or less persistent constipation will be found, or alternate constipation and diarrhoea, as Nature will sometimes relieve herself by establish-

ing a diarrhoea (fortunately for us) as she frequently prolongs life that way.

I will not attempt to make a complete classification of diseases. I think the illustrations furnished should be quite ample to enable the thoughtful student to make intelligent application of them. These measures will not be found useful to the thoughtless, lackadaisical, human automaton—in the hands of such they become as dangerous agents as the injudicious employment of drugs; but in the hands of the thoughtful, the adoption of these measures will prove to be a blessing to humanity.

I have therefore thought it wise to select, simply for purposes of illustration, a few diseases that are unfortunately only too well known to us. As a rule, the measures to be applied in one chronic affection will be equally effective in another. It will be observed that the measures to be employed in acute diseases differ considerably from those which we employ in the chronic forms of disease. In every case the questions to be answered in one's mind are simply: *Is the disease in question directly or indirectly dependent upon*

*the storing up within the system of wornout sub-oxidized products, and are not the symptoms dependent upon an effort on the part of Nature to remove such morbid products;* for example, paralysis, due to the pressure of gummatous tumors in the brain, where there is an undeniable history of syphilis, the task of removing such paralytic condition (unless because of advanced age or exhaustion of the vital powers from any cause) can be commenced with much hope of favorable results. For paralysis due to an extravasation of blood within the meninges of the brain caused by cerebral hemorrhage, the measures that I suggest in chronic cases are not sufficiently applicable to enable us to make a favorable prognosis. It may be claimed that the remote cause of a cerebral hemorrhage, resulting in the formation of blood clot, followed by paralysis, may be due to a general breaking down of tissue dependent upon fatty or atheromatous degeneration of the blood vessels, and while there would not be any objection to the adoption of a simple mode of living, the employment of light clothing, the use of morning and evening baths and the adoption of nude sun and

air baths which would certainly make the patient more comfortable, the entire removal of the paralytic condition would nevertheless be most improbable. It will therefore be observed that I do not advocate the adoption of these measures as curative in *every* disease afflicting mankind. I have found their use so generally applicable, however, that there seems to be but few exceptions to their universal application, and I have made a classification of diseases that I have found answers every purpose in giving instructions to my pupils.

I have classified diseases of the human body that can be traced or are dependent upon the storing up within the organism of the effete, wornout products of the body, under two headings. The first, consists of diseases on the *outside of the body*; this heading has two subdivisions, consisting of diseases *upon the skin* and those *under the skin*. The next classification consists of diseases *inside of the body*, which are divided into diseases of the chest, nose and those of the internal viscera. The following table, while necessarily imperfect and open to criticism, for the purposes of study answers every requirement.

## DISEASES ON THE OUTSIDE OF THE BODY.

- Upon the skin: (Cataract of the eye;  
Examples: (Eczema;  
(Psoriasis;  
(Syphilis;  
(All skin diseases.
- Under the skin: (Nodules;  
Examples: (Conjunctivitis;  
(Cysts;  
(Cancers;  
(Fatty Tumors;  
(Ulcers;  
(Rheumatism (Articular and  
( Muscular);  
(Gout.

## DISEASES OF THE INSIDE OF THE BODY.

- Diseases of the Chest and nose:  
Examples: (Pneumonia;  
(Bronchitis;  
(Pulmonary Tuberculosis;  
(Nasal Catarrh.
- Diseases of the Internal Viscera:  
Examples: (Kidney Diseases;  
(Liver Diseases;  
(Intestinal Diseases;  
(Hemorrhoids;  
(Metritis,  
(Female Diseases: (Ovaritis,  
(Vaginitis.

Diseases of the nervous system affects the body as a whole, and respond more readily to treatment than any other class of cases.

#### PAIN.

The phenomena of pain can also be attributed to a foreign substance or matter of which Nature desires to be relieved. It does not matter whether the pain is due to a felon on the thumb, the presence of urate of soda in the joints (producing rheumatic pains) or an inflammation of the eyeball resulting from the irritation caused by a particle of dust. It means a disturbance of the circulation at a given part of the body, produced by an irritation, followed by more or less inflammation, a dilatation of the blood vessels, pressure on the periphery of the nerves, followed by the sensation of pain. Pain, by calling attention to itself, would have us think. Every human being, suffering from pain, knows that something must be wrong. The presence of pain is necessary to put us on our guard against that which is happening, and to direct our thoughts toward the removal of the cause. Our one great trouble is that we direct our energies toward

the removal of the exciting cause and do not think deeply enough to discover the real or remote cause. As most people are woefully ignorant concerning the laws of right living, it is the function of the physician and of the teacher to instruct the patient or the pupil how to so live as to avoid pain; not to remove it by the employment of a hypodermic needle or the use of drugs which deaden the sensibility to pain. Pain, in most cases, excepting where surgery is demanded, can be relieved by the judicious and proper employment of water. Death should not be associated with pain. Life should not go out because of disease. We should simply wear out, and death should be both peaceful and painless.

#### TREATMENT OF CHRONIC DISEASES.

##### Upon the Skin.

It will be found upon investigation of disease generally, and chronic diseases particularly, that in nearly every case the patient has been a voluntary or an involuntary house prisoner, or has indulged in stimulating food; possibly both causes may have been operative.

We will now consider the dietetic and hygienic

methods to be employed: We should have the patient abstain entirely from tea, coffee, spices, condiments of all kinds, using pure water or milk as a beverage. The inventive genius of man has been at work for centuries to invent an improvement on water as a beverage; and has not thus far been successful; on the contrary, such concoctions as substitutes for water are simply atrocious and in most instances positively injurious to health. Water should be filtered unless by careful test it is found to be free from an excess of mineral matter, and entirely free from nitrogenous matter. The usual tests familiar to every physician should be employed for this purpose. For breakfast place the patient on fruit (of which they should eat liberally); coarse Southern cornmeal made into mush served with milk, and Johnny-cake made from the same meal is cheap and makes a delicious breakfast food. Change the variety of cereals from day to day. Prohibit the use of meat absolutely (for a time at least) and advise the use of cereals, vegetables, fruits, whole-wheat bread and fish. Instruct the patients to eat slowly, masticate

thoroughly, and to avoid the use of liquors, coffee, tobacco, food fried in lard, fresh bread, white bread and cake. Put very little sweetening on cereals. Use salt and butter sparingly; eat generously of apples, apple-sauce, stewed prunes, cereals of all kinds, pea-soup, bean-soup, vegetable-soup (do not flavor with pork.)

I advise the abstinence from meat in the cases spoken of above for the reason that it is constipating and also for the reason that when the animal is killed the arterial, rich and healthy blood, is permitted to escape; the impure, venous blood filled with the products of tissue matamorphosis remain in the carcass. In taking meat into the human system, which is purely a cannibalistic instinct, we not only are burdened with the removal of our own waste products, but we add the additional burden of the products of decomposition and waste contained in the meat eaten. Insist upon proper bathing, an abundance of exercise and pure air; also have the patient dress lightly. Patients should bathe or be bathed morning and night. Do not get

into a tub where everybody else has bathed. Use a wash-rag or sponge and bathe the body nightly with tepid water just before retiring, which should not be later than nine o'clock. In the morning take a cold bath. Sleep alone if possible. Do not have the bedroom heated. A circulation of air must be maintained by leaving the window open top and bottom. Do not sleep in a night dress. No one who has ever tried sleeping in the naked skin, and has ever experienced the luxury of it, would return to the use of a nightgown. Sleep under as few bed clothes as possible, but do not sleep cold. During the summer sleep without a sheet, if the weather will permit, in a condition of Nature. Sleep if possible out of doors. When forced to remain indoors, either at your work or while resting at home, wear sandals in place of shoes, thereby permitting the skin of the feet to breathe. Once having experienced the luxury of a sandal you will never return to the stupidity of a calfskin boot while working indoors. In summer when out of doors, wear low-cut shoes, made of Vici kid; and as light weight leather in winter as the

character of the occupation will admit. Avoid wearing rubbers and overshoes. Avoid woolen undergarments, as they are closely woven and do not permit of rapid volatilization of noxious and effete matter exuding from the skin. For an undershirt use open meshwork, and in the winter time open meshwork drawers; during the summer do not wear drawers at all. The material to be worn for trousers should be white duck, crash, homespun and cheviot. Avoid starched shirts; outing shirts are preferable to other varieties. Avoid waistcoats altogether; they fit too closely and are not only very heating, but are entirely unnecessary. A round frock jacket or coat, made of loosely woven material, should be selected. Wear a hat as seldom as possible, never indoors and never out of doors in the fall or spring or while working around one's own home. In the summer, because of the intensity of the sun's rays, or when you must go into the street, wear a hat having a large air chamber above the head, filled with as many perforations as possible, made of the lightest material, and with an air-chamber around the inside where the hat fits upon the head—

a Saxonized adaptation of the Indian cork hat is to be found at almost any hat shop. Both expensive and cheap varieties of this hat can be obtained, and it is as becoming to the average man as any head gear that can be adopted. In the case of women, the only additional advice necessary to be given them is to avoid wearing felt hats or those of excessive weight. Whenever possible avoid wearing any at all. Women should select for outside skirting material, goods of the home-spun and cheviot variety for winter; for summer, use only the lightest quality of goods, such as mull, crash and linen. These simple measures will be found quite sufficient in all skin diseases, with the exception of those of a syphilitic nature.

Diseases *under the skin* will not be found to yield without the patient, persistent and intelligent employment of more vigorous measures.

#### DISEASES UNDER THE SKIN.

##### CANCER.

Cancer being one of the most severe forms of diseases under the skin, I will select it for the purpose of illustration. In cancer we have a disease that will tax

our patience, ingenuity and skill to the utmost. Many cases will be found to respond readily. Where failure is met with, it does not alter in the least the fact that the cancer has been due to error in living, which has resulted in an accumulation within the organism of a greater quantity of wornout, poisonous matter than it is possible to remove short of extirpation. In such a case the surgeon's knife might be used with great benefit, and by instructing the patient as to proper living after the operation has been performed, a recurrence of the cancer will be improbable.

In cancer, as in the other diseases I have mentioned, there will be no difficulty in discovering a history of improper living. Cancers, as a rule, occur in the female and are very apt to select either the breast or the uterus; in other words, that part of the female organism that shows marked functional activity. The disease rarely attacks either the male or the female until middle life. In the male, it is apt to select the lip in the form of an epithelioma. There will be the usual history of liking for meat, with the resulting constipation; sometimes overdressing, and poisoning of the

blood by breathing impure air, and infrequent bathing of the body.

The first measure that would naturally suggest itself to the physician would be to regulate the diet. The same diet that I have advised in the treatment of skin diseases should be employed in the treatment of cancer. I also use frequent steam baths and deep massaging, the object being to promote rapid cellular metamorphosis. The patient should, when the strength will permit, bathe in the morning by going over the body with cold water, using a sponge or other suitable material, followed by as violent exercise as the patient's strength will tolerate, spending as many hours a day in the sun, in a nude condition, as the environment or other circumstances will permit. There is not the slightest objection to spending at least two hours in the morning and two hours in the afternoon in a condition of nature. If the patient's strength will not permit of exercise, he can recline on a steamer or other suitable chair. The local sore should be treated by means of cold compresses, changed frequently.

In a large number of cases, simple as these measures may seem, no others will be found necessary. An attempt to carry out these measures will demonstrate they are not by any means as simple as they seem for they require the exercise of a strong will, and independence of character. To remove cancer or other chronic diseases, these qualities are necessary and are unfortunately, not common. The absence of intelligence (regarding health) is responsible for disease. A restoration to health means enlightenment, which must of necessity come gradually.

#### FATTY DEGENERATION.

Pigs, in their natural state, may be found in the South roaming at large. They were much prized by our soldier boys, who gave them the name of "razor-backs." They live upon nuts, the roots of trees and everything in the vegetable line. They are free from trichinosis, and the pork steaks and tenderloins from them are said to be delicious by those who enjoy that class of food. Our process of fattening the hog is based upon the principle of confinement with the resulting fatty degeneration and the consequent de-

velopment of the disease known as Trichinosis. Where hogs are fattened in large numbers to supply Western packing establishments, the quality and character of the food consists largely of corn-meal and frequently of skimmed milk, there being nothing of the swill order given to the hogs. A great number of hogs are confined in a comparatively small enclosure; it would be impossible to fatten them were this not so. We all know how Northern householders or farmers fatten their pork for home consumption. They build the pen barely large enough to contain the pig, which is fed most generously three times a day. The poor pig has nothing to do but eat and grow fat. Nature, in making an attempt to save the pig's life, throws the fat to the surface until the skin becomes so tight that it can no longer accommodate fat and about the time the pig gets ready to die, because of general fatty degeneration, we conclude that it is fit to kill. During the winter the farmer stuffs himself with the pig, in all the various forms so much prized by lovers of pig; and this course is pursued winter after winter until he fattens, like the pig,

passes into a condition of fatty degeneration and dies, having, in the meantime, suffered from acid stomach, dyspepsia, gout, rheumatism or weak heart. The pig has taken possession of so much of the man that ultimately he becomes all pig and, to all intents and purposes, as far as the physical body is concerned, passes out pig. This, it may be truthfully stated, is the history of millions of the human race. The process of fattening the pig is the same as that which the Frenchman adopts in the case of the goose. The goose is secured and confined in a box, is stuffed three, four and sometimes five times a day; in some cases its mouth is opened and the food forced down its throat. The goose grows to an enormous size and fatty degeneration of the liver takes place. The fatty degenerated liver is chopped up, packed in little jars and, under the name of *pate de foiegras*, sells at a high price and is much prized by the gourmand.

Is it any wonder that disease is universal?

The process of fatty degeneration begins with the average well-fed mortal between the ages of thirty and forty; and progresses in many instances with consid-

erable rapidity, so that at fifty, after the fat has accumulated to such an extent that it has become a positive burden, interfering with the desire for exercise, indeed making it almost painful to make any degree of physical exertion; from this time the interior organs of the body are apt to become diseased; the kidneys, liver and heart are all apt to be more or less affected by the accumulation of fat, and death is only a matter of a few years. To avoid this condition, we have to be more moderate in our eating and drinking. Avoid the slavery of being tied to a dinner-bell. Those who have a tendency to eat to excess and accumulate fat should eat only twice a day; about ten o'clock in the morning and about four o'clock in the afternoon. When this is not convenient omit one meal, the breakfast, for example. Where fat has become a positive burden, I have found swimming to be one of the best means of reducing it, and an occasional fast, going one entire day each week without eating. Deep breathing exercises burn up fat. The reduction of fat can be materially aided by the inhalation of the ozonized form of oxygen.

## RHEUMATISM AND GOUT.

These diseases respond very rapidly to proper Treatment. There will be found in every case a history of error in living. The patient has either indulged daily in the use of tea, coffee, liquor or meat; in some cases taken but little exercise and eaten too generously. Not all these conditions will be present in every case, but any one is sufficient to bring about these diseases. There will, however, usually be a history of excesses in one or two of the above conditions. The diseases are usually attributed to an occupation that compels the sufferer to stand on damp ground. Dampness sometimes acts as an exciting cause, especially where there is a history of mercurial poisoning, I mean by that where blue pill and other mercurial preparations have been used freely. The patient should be placed on a strictly vegetarian diet. Insist upon abstinence from tobacco, coffee, tea, pepper, all things fried in grease—substituting olive oil or any of the many preparations now used in place of lard. The unrefined olive oil is cheaper, and has the advantage, also, of being purchasable

in bulk; the refined oil will answer, however, although more expensive. Place the patient in wet packs and employ sun-baths for the entire body, together with manipulation of the joints and deep massage. Also employ general massaging. Have the patient take a lukewarm bath at night and a cold douche or cold sponge-bath in the morning. Retire not later than nine o'clock, preferably at sundown. Have the sleeping room well ventilated. Prohibit all drinks excepting plain *distilled water*. This can be rendered as cold as may be desired by putting the water up in jars and placing them in an ice-box or out of doors in cold weather, until required for use. Filtered water may be temporarily employed only in the absence of distilled. I consider distilled water one of the most valuable therapeutic agents that can be used in all forms of rheumatism and gout. It is not capable, however, of accomplishing the removal of the rheumatic and gouty diathesis unless the directions as given above are most implicitly and conscientiously carried out. The painstaking and faithful carrying out of the measures advised will re-

sult in eradicating any case. The joints will return to nearly a normal condition, and in some cases the contraction of the tendons will relax and the déformities resulting from pain because of the inflamed joints, will disappear.

Water, as it descends from the clouds, is nearly pure. An analysis of rain-water shows that it is free from mineral matter. When it comes in contact with the earth and percolates through the soil, it dissolves and takes up mineral matter. We prick the crust of the earth and construct a well. The well-water, now impregnated with mineral matter, is the same water that came down from the clouds in a nearly pure state. Distilled water, taken into the body, will have the same effect in taking up the salts of the body that it has in percolating through the earth's crust. It dissolves and takes to itself mineral salts freely whether inside of the body or outside of it, and is, therefore, exceedingly useful as a solvent in rheumatism, gout and diseases dependent upon atheromatous change. Lime salts deposited in the arteries of old people can be dissolved by drinking distilled

water; in fact, old age, characterized by an atheromatous degeneration, can be retarded by the daily use of distilled water after the age of forty. It should never be used, however, during the formative period, for children require during the period of growth all the mineral matter to be found in well-water.

#### PNEUMONIA.

Pneumonia, as already pointed out, results from a disturbance of the circulation. We simply have to change this condition. The circulation has to be equalized. Pneumonia usually attacks men, who invariably overdress, especially during the winter, with the result that there is an interior congestion. The skin of such patients is frequently found to have been, prior to the establishment of fever, anaemic and flabby (with the exception of the face), and there has been a tendency to "catch cold" upon the slightest exposure. Bearing in mind that we have an inflammation of the lungs, I will point out why such cases usually terminate fatally in private practice; in hospital practice the conditions are much more favorable for recovery. The patient is put to bed, frequently

in a warm room, and the windows are closed so that there is no possibility of ventilation; he is covered up with as many bedclothes as can be borne, with the result that in from twenty-four hours to a week the disease has terminated fatally. The very condition that gave rise to the congestion of the lungs, we have, in the most exaggerated way possible, carried out. There was no possibility of lowering the congestion and inflammation in the lungs by this method; on the contrary, it was aggravated and could only result in death.

The opposite plan would naturally suggest itself. We will say the patient has a high temperature the first twenty-four hours. In order not to make the patient uncomfortable by shock, we begin by sponging the body with lukewarm water, going over the entire body carefully and allowing the water to evaporate of itself. Have no fear of the patient catching cold. Then cover the patient with a sheet only, and repeat the sponging every hour with water each time rendered a little colder until decidedly cold water is employed. Open a window top and bot-

tom sufficiently for a perfect circulation of air, and do not allow more than one person to remain in the room constantly with the patient; if any other member of the family must enter, let the nurse retire in order to keep the air as pure as possible. Administer cooling drinks and an occasional inhalation of pure oxygen sufficiently diluted with nitrous mon-oxide to render the mixture capable of being absorbed by the capillary blood vessels. Plain oxygen, whether pure or commercial, is of too dense a specific gravity to be absorbed. Nature points out in the air we breathe about what proportion of oxygen and nitrogen it is possible for the human organism to use. Inflammation of the respiratory organs can easily be aggravated, even if only a sub-acute condition exists, by the employment of undiluted oxygen. Where a human life is at stake, the best quality will be found to be the cheapest.

I advise oxygen for several reasons. In the first place, there is not sufficient oxygen in atmospheric air to satisfy the requirements of the patient, as is shown by the rapid respiration. Oxygen, therefore,

is indicated from the very start. To wait until the patient is cyanotic, is taking unnecessary chances, as there is likelihood of the heart becoming exhausted in consequence of being called upon to pump blood through congested blood vessels. For this reason, I consider it wise to sustain the action of the heart from the start. It also relieves the mental distress incident to difficult respiration.

If the temperature does not fall by pursuing the above plan, then sponge the body almost constantly with cold water. Cold compresses should be laid on the chest and changed frequently. In using cold compresses, do not use flannel. A part of an old sheet can be used, but in order to favor the rapid volatilization of heat, we should select a material more suitable for this purpose. I have found crash toweling of the coarsest variety to fill the requirements; saturate in cold water, place on the chest and change every fifteen minutes until the fever subsides. The patient should not be covered even with a sheet; a towel placed over the loins is all that is necessary. The temperature of the room should not be above 65 de-

grees Fahrenheit until there is a decided fall in the temperature of the patient's body. After the fever has subsided and the temperature becomes normal, the temperature of the room should not be higher than 68 degrees at any time.

To save a man with pneumonia means something other than writing a few prescriptions and having a nurse pour medicine down the victim's throat. It requires work; thoughtful, painstaking, intelligent work, and means as great an expenditure of time as a physician would feel called upon to give an ordinary accouchement (childbirth.) In such a serious case I do not consider it wise to place too great responsibility upon the perfunctory performance of the average nurse (trained or otherwise). To be able to handle such a case successfully, we cannot be handicapped by permitting the patient to wear a night shirt until convalescence sets in.

Until such time as the patient convalesces, the sick room is no place for the presence of anxious relatives and friends. They can best demonstrate their love by giving the patient all the pure air that can be ob-

tained. A patient is frequently alarmed and depressed by reading in the faces of relatives and friends a look of anxiety and apprehension, impressions difficult to disguise, for we should not forget the unspoken word is as potent as that which is given verbal expression.

In pneumonia I have found it desirable to employ cold sitz baths. In the absence of a sitz tub, an ordinary wooden wash tub will answer every purpose. The back can be supported by means of a wash board, over which a towel can be thrown. The efficiency of a sitz bath lasting thirty minutes is in many cases little short of the miraculous. A sitz of thirty minutes duration every four hours in addition to the sponging and the employment of oxygen, is all that is necessary to employ to save a large percentage of pneumonia cases, unless the vital forces have been drained by old age, previous disease or abuse of liquor.

In the early stage of pneumonia, one of the first things to be done is to see that the bowels are moved freely. When the fever has subsided by the employment of the measures spoken of above, there

will be found to be quite a little appetite, more so than is the case by any other method of treatment, for every physician knows what a complete absence of appetite there is in any case where there is high fever. I should not advise the use of whiskey and milk, with an end in view of whipping up the tired vital energies but I should prefer to loosen the tension, as it were, by *avoiding* the use of alcohol, for it can only aggravate the fever. Give moderately cool milk, one or two tablespoonfuls at a time, every hour. During the period of convalescence the patient should be given a diet consisting largely of cereals, some vegetables and plenty of fruit, taking care that proper ventilation is maintained in the room and that the patient is not too warmly covered. When convalescence sets in, there is no special objection to the patient wearing a night-shirt, left open at the neck, or one made from open meshwork. After the patient has approached that period of convalescence when he is permitted to go out of doors, great care should be taken to prevent a return to the former method of dressing which gave

rise to the pneumonic condition in the first instance. Over-solicitude and anxiety to bundle the patient on the part of unthinking people, are frequently followed by a chronic inflammation of the lungs, resolution never becoming complete, the patient gradually sinking into a condition of chronic invalidism, marked by lung trouble of a serious character until tuberculosis becomes firmly established. This result follows pneumonia in many instances. It is frequently spoken of as "imperfect resolution," and could have been averted by the simple adoption of sanitary clothing. I consider overheating and overdressing the bane of modern civilization. I have seen many tuberculous patients who never would have developed a tuberculous condition had it not been for excessive bundling after pneumonia.

#### PULMONARY TUBERCULOSIS.

I consider pulmonary tuberculosis (even in the first stage where it is frequently mistaken for chronic bronchitis) so serious in its nature that nothing should be permitted to stand in the way of the immediate adoption of such measures as will prove curative. It will

be necessary to make a business of getting well if this can be done without a change of occupation; if not, business should be set aside absolutely. Neglect to do this means months, perhaps years of misery, frequently until the patient's financial resources have become exhausted; and in the end poverty and death. How much better it would be after the physician has made a painstaking and careful microscopical examination of the sputum and detected the presence of the bacillus tuberculosis, that everything is made subservient to the business of getting well! A careful inquiry into the habits of the patient will never fail to reveal habits of life that have given rise to the establishment of the disease. They are always to be found among the causes heretofore mentioned, or others seemingly accidental, as for example, imperfect resolution following pneumonia; but back of that we can usually trace a history of thoughtless living. In most instances there will be revealed the fact that the patient has been a house prisoner, voluntary or involuntary. The student who shuts himself up in his attic room and pores over his books, burning the midnight

oil, is a voluntary house prisoner, and Nature is quite as exacting in enforcing the penalty as in the case of an operator in the factory or a mill hand who may have been burning the candle at both ends, rising early and retiring late; working during the day and possibly indulging in excesses late into the night. Excessive coddling, anxiety and mistaken kindness sometimes develop a tuberculous state. The fear of a parent that her child (already a weakling) will catch cold, compelling it to remain indoors in close apartments where the subject of ventilation has been practically disregarded, thus developing a hothouse plant, or bundling the child in an excess of clothing, rendering it impossible for the skin to function, as a breathing surface is frequently responsible for the development of tuberculosis.

The first, second and third stage of tuberculosis is purely an arbitrary classification, for the pathological characteristics of all three stages will be found to characterize the initiatory stage of the disease. Tuberculosis exists in most cases for months before its presence is realized. The symptoms are frequently mis-

taken for bronchitis, pleurisy or malaria. It is not until there is a pronounced loss of flesh, with the establishment of a chronic cough, more or less severe, that the necessity of making a microscopical examination of the sputum suggests itself. It not infrequently happens that the disease progresses to such an extent that a hemorrhage takes place before a diagnosis of pulmonary tuberculosis is made. It is simply a waste of time to attempt to treat such cases by the ordinary methods, by administering cod liver oil, hypophosphites and cough mixtures to suppress the cough. Medicated inhalations are simply a makeshift. Apparatus, as expensive as it is useless, has been designed by the inventive genius of man for conveying medicated vapors, superheated air, heated oxygen, etc., with an end in view of destroying microbes within the recesses of the respiratory air passages. The most extensive and probably the most disappointing apparatus recently employed by physicians in the treatment of tuberculosis, is known as the heated air or heated oxygen inspirator. There is no rational

basis for its employment, and if there is any truth in the germ theory of disease, the employment of such an apparatus in a physician's office, must necessarily result in the spread of tuberculosis by inviting tuberculous patients to visit the physician's office for the purpose of taking such inhalations thereby exposing non-tuberculous patients to the possibilities of infection. Moreover, inventors of all such apparatus entirely lose sight of the fact that it is *not possible* by means of any inhaling method to reach the tubercle within the interstitial substance of the lung or upon the exposed surface of the respiratory air tract when the tubercle is surrounded by a wall of lymph, in other words, *incapsulated*. Such method of treatment can only be at the best very remotely palliative, is frequently dangerous and distinctly unphilosophical for the reason, *that it does not remove the cause*.

As in all other cases where sickness enters the organism, there will be found the usual history of constipation, a history of excesses, sexual and otherwise, late hours, breathing impure air, disregarding entirely the matter of ventilation, eating improper food.

These cases frequently come with a history of pleuritic pains. The patient has from one to four plasters covering the chest. The fear of catching cold has caused him to put on thick underflannels, always one such underflannel, sometimes two, over which will not infrequently be found a chest protector. How unfortunate it is the world does not recognize that the neck and upper part of the chest can be exposed with the same degree of impunity that we expose the face and with no greater danger of "catching cold." The low-neck shirts worn by the sailors of our Navies throughout the world plainly show this, also the custom of women in wearing low-neck dresses.

To attempt to treat a case of pulmonary tuberculosis in the North excepting during the summer months, means a fight on one's hands to educate the patient as to the adoption of a rational mode of dress. It means the adoption of new methods which must of necessity become habits. It means a willingness on the part of the patient to give up old habits, and this seems to be an impossibility with a certain percentage of self-willed people, particularly those persons

who choose to deceive themselves with the idea, there is nothing the matter with them excepting a tickling in the throat and a disagreeable cough. It is seldom I find a patient, especially among women who are willing to give up old habits or deny themselves those things to which they have been accustomed as luxuries. A great deal can be done, and very frequently life saved, if a patient suffering from tuberculosis is simply willing to follow directions. It does not require any intelligence to blunder along through life doing as others do, eating and drinking everything that is put before one, but it requires a great deal of intelligence and will power to be willing to put aside old habits and take up a new mode of life. The sympathetic co-operation of your patient, a willingness to abide by the rules laid down, in the most conscientious manner, is necessary, and where you find such a patient *a priori*, the chances will be decidedly in favor of his recovery. I have found most persons suffering from tuberculosis to be self-willed and exceedingly troublesome to handle.

## TREATMENT OF PULMONARY TUBERCULOSIS.

The first thing to be done in a case of pulmonary tuberculosis is to take the temperature, respiration, pulse rate, and record the same. Unless the disease assumes *acute conditions*, they should only be taken once a week.

I regard it a serious mistake to keep the patient informed as to the temperature. So long as Nature is using her efforts to throw off poisonous matter, even where the degree of sepsis is infinitesimal there will still exist a slight rise of temperature. A rise of temperature always means a battle that is going on between the vital forces, those which are energizing and life-giving in their influence, and those which are destructive. The body is simply the battle ground. In acute diseases, when the crisis takes place, the battle has simply been decided in favor of a continuation of life or its cessation.

I regard it as a mistake to depress the action of the heart or to withdraw heat from the body too suddenly in chronic cases. By so doing, we simply put out the fire and life goes with it. The injudicious employment

of water will bring about this result quite as speedily as the misuse of drugs.

That which would be quite permissible in the first stage of pneumonia, viz. : cold packs and the frequent use of the sitz bath with frequent sponging, would be positively fatal in the treatment of tuberculosis (last stage), whereas in pneumonia the constant, persistent, I might add heroic use of them would be followed by favorable results.

The first thing to be regulated is the diet. It is seldom in the first stage of the disease that there will be found to exist, diarrhoea, but there will be found to have been a history of constipation, more or less stubborn. This condition can always be corrected in from two to three days by regulating the diet, prohibiting the use of meat, tea, coffee, spices of all kinds and condiments, permitting the use of chocolate, broma or cocoa. These have the disadvantage, however, of retaining heat, and the use of them is to be discouraged rather than encouraged, if the patient can stand the withdrawal of tea and coffee without the use of the above drinks as substitutes.

Pure spring water (not distilled) is the best drink for a patient suffering with tuberculosis, next to this comes buttermilk or skimmed milk, the liberal use of either of which should be encouraged. The two latter are infinitely to be preferred to the employment of warm drinks, for warm drinks weaken the digestive process rather than stimulate it, as they are popularly believed to do. Permit the use of fish, eggs, cereals, nuts of all kinds and fruit; vegetables sparingly. Avoid a variety of dishes at a single meal, for example, in place of having for breakfast a small plate of oatmeal followed by a chop or two, or a small steak and potatoes with hot breakfast rolls and a cup of coffee, the patient will do a great deal better on a large bowl of oatmeal and milk. For dinner, pea soup, eggs, vegetables, several pieces of fried mush, a glass of buttermilk, and fruit, will be all the patient requires. For supper, whole wheat bread, rice cakes or fried mush, with stewed prunes and sliced fruit such as oranges, bananas or peaches. As the diet is of such serious importance in tuberculosis, each patient should be provided with a

printed card, as without such assistance the ingenuity of the housewife would be severely taxed to provide a diet that would be nourishing, abundant and tempting. Nearly all consumptives have a poor appetite. How many patients have been told that they "should try to eat," by the doctor, the nurse and anxious relatives, all to no purpose? Nothing that can be said can create a desire on the part of the patient to eat. How perfectly useless all our efforts are to persuade a patient to eat by the usual methods of treatment! One great reason there is such a loss of appetite is because of a persistent constipation. Where the bowels have not been operating easily each day, Nature has tried to arrest further difficulty by taking away the appetite. When the bowels are obstructed and the lower rectum filled with dry foecal matter, the liquid portion of which has been partially absorbed, with only an occasional movement and that accomplished with difficulty, unless Nature took away the appetite life could not exist. She could not tolerate the continual filling-in process unless there was a corresponding with-

drawal of waste product ; therefore in withdrawing the desire for food, Nature is simply making an effort to prolong life and guard us against the development of acute conditions, such as intestinal colic, apendicitis, etc. The habit of using powerful purgatives and rectal injections frequently retards the peristaltic movements of the bowels, causing a semi-paralysis. Usually within a week, by the adoption of the rules printed below, constipation will cease. The habits of animals point out to us that at least two movements a day are natural. As soon as one or two movements become established daily, the appetite will greatly improve.

#### DIET RULES.

Avoid drinking with meals, that is to say, while eating. Never be guilty of washing down food with a sip of liquid of any kind. By adopting this plan you will be obliged to masticate your food thoroughly. The desire for drink will disappear by the adoption of non-stimulating food and by eating fruits and vegetables.

When drink is required, it should be taken fifteen

minutes after eating. Between meals, one or two glasses of buttermilk, or skimmed milk if buttermilk cannot be tolerated, will be found exceedingly helpful.

Both sugar and salt should be used most sparingly.

Avoid all stimulating articles of food and drink, such as liquors, coffee, tea, spices, tobacco, meat; also articles fried in lard, fresh bread, hot rolls and baker's white bread.

Permit the use of fish, eggs, Southern corn-meal, oatmeal (soaked over night), rice, barley, sago, salads, peas, beans, pea soup, bean soup, wheat cakes, rice cakes, potatoes, corn, turnips, macaroni, cabbage, spinach, asparagus and cauliflower. Cereals, such as corn-meal, fried mush, breakfast foods, hominy, wheat cakes and rice cakes, are all to be preferred to a meal composed largely of vegetables.

Cereals, fish, eggs, fruits and nuts are to be the principal articles of diet. Use all vegetables sparingly, as they cause distension of the bowels.

For frying purposes use any substitute for lard.

Rest at least thirty minutes after meals.

I would advise that a copy of the Diet rules be placed with each patient, together with written instructions relative to bathing, exercises, dress, etc., subject to such modifications as may be necessary to suit individual cases.

I have found, as a matter of experience, that a considerable percentage of persons suffering from tuberculosis are disposed to take a greater amount of exercise than they require, many such patients realizing that their disease has been in a manner due to their having been shut in for a number of years, are therefore disposed to over exert themselves, especially by taking long walks, losing sight of the fact that they can obtain the benefit of fresh air quite as much by sitting quietly and taking long, deep draughts of air. This method secures the benefit of the vitalizing influence of pure air without the exhaustion following long walks.

It should be the aim of the tuberculous patient to live as lazy a life as possible, living to sleep, eat and accumulate flesh. All of which should be done in the open air, covered with as little cloth-

ing as possible; bearing in mind, that man was made before clothes were invented, and that each one of us came into this world in a condition of nakedness, Nature evidently intending we should remain in that state. The use of clothes has been found to be necessary because of climatic conditions. Man *can live* in the tropics. *He tries* to live as near the North Pole as possible. The instinct of the child is thoroughly opposed to the use of clothes. Even in its little cradle it requires the greatest watchfulness to keep the child covered. It knows instinctively what it wants; but it is persecuted with clothes until at last it succumbs to the superior intelligence (Heaven save the mark) of grown-up people.

A lukewarm bath should be taken just before retiring at night, which should never be later than nine o'clock.

A cold sponge-bath should be taken the first thing in the morning on rising, followed by proper calisthenic exercises for a period of from five to fifteen minutes.

Encourage the patient to sleep late in the morning.

A consumptive requires a great amount of rest to store up vital energy. Nearly all consumptives are in the habit of rising too early. Eight o'clock is early enough; nine o'clock is better still. When the weather will permit, sleep with but very little covering. During the warm weather, have a sheet over the body without any night dress. Where, for any reason, a conventional degree of modesty has to be observed, the sheet can be drawn slightly above the waist line, leaving the entire upper part of the body exposed. Those patients who have the courage to do this, or who are so fortunately situated as to render it possible, make greater progress than those who are bound down by conventionality. "What other people think" has sent many a poor mortal into the grave.

If the temperature demands it, cool sponging during the day is very desirable. I have been in the habit of giving a light shower-bath in the middle of the forenoon and middle of the afternoon from an ordinary watering pot, where there is a rise of temperature more or less constant. By standing on a chair or a box about two feet high, I obtain a sufficient fall

of water to carry out the purposes of a spray; then I have the patient walk up and down moderately in his bare feet on the soft grass or in a trough containing water and sand, allowing the sun to evaporate the water from the body. This usually takes from fifteen to thirty minutes for each patient. It is both exhilarating and strengthening. They all thoroughly enjoy it. Grown-up people are very much like children when removed from the artificialities of life. This exercise is strongly suggestive to the patients of their childhood days, when in the innocence and simplicity of early childhood they enjoyed themselves like little animals at play in the green fields and on the sandy beach. I know of no one thing that has seemed to produce such striking results as the measures spoken of. There is a healing and life-giving force in the sun's rays, that patients should be encouraged to take advantage of. The more the body is exposed to the sun, the more rapid the progress. I have patients use steamer chairs, as a rule, or throw themselves upon a bank of sand with an umbrella arranged to shield the head. I encourage patients to remain with the body

thus exposed for hours. Most patients are accompanied by an attendant or some member of the family, of the same sex. This practice is appreciated by relatives or persons in attendance upon the patient, and they never fail to speak of the great benefit derived. In order to secure the fullest sympathy with our efforts and obtain the earnest co-operation of the patient, it is of the greatest importance that he should understand how it happened that he became the victim of so serious a malady. When this is understood and he fully appreciates what the results are likely to be, by following the course as outlined above, we have the benefit of his intelligent co-operation without which it is next to impossible to secure favorable results. To have a human being obeying like an automatic machine, depending upon the physician for everything, is a source of constant anxiety to the physician and does not develop any degree of individuality in the patient. If a patient is acting intelligently and knows that by his individual efforts he can assist to bring about a condition of health, we have removed the depressing influence of over-anxiety.

When patients are away from home they are apt to suffer from melancholia. By taking them into our confidence, as it were, honestly stating facts, we soon have their sympathetic co-operation and the melancholia becomes a thing of the past.

Some of my readers may see in the above an adoption of the so-called Christian Scientist's methods.

It may not be out of place, at this point, to refer briefly to that insanity known as Christian(?) Science. Everything on this plane of existence seems to be governed by the law of opposites. We would never know darkness if there were not daylight; we would never know beauty if there were not ugliness; we would never appreciate a delicious perfume if there did not exist offensive odors; we would not be able to recognize heat if there were not cold; we would not know good if there were not evil. The same is true of sickness; we would not be able to recognize health if there were not the absence of it; and were it not for the existence of sickness we would not be able to appreciate health. One reason of the existence of sickness is that for the first few years of life the human

mechanism gives so little trouble to the real self (that is, to the thinker, the ego) that we disregard the necessity of giving proper attention to the body. It is because of this want of appreciation that after a few years sickness asserts itself; in some instances to such a marked degree that the organism is destroyed. Christian(?) Science is simply a reaction from the stupidity and brutality of drugging. The pendulum has swung the other way. It is a rebuke (and a well-deserved one) for those who can see only curative measures lurking in roots and herbs, expecting, by their use, to correct years of thoughtless living. The charlatan plays upon this weakness of human nature, this eagerness to swallow nauseating drugs to correct our errors in living. The reaction against these repulsive methods resulted some years ago in the establishment of the Homoeopathic school. At present we find large bodies of people coming together in churches (some of them very expensive structures) listening to readings from a book called Science and Health; and thus a new cult has been formed. It has one redeeming feature—it does not employ drugs.

After having studied every "pathy" that has been perpetrated by man, I am led to the conclusion that few men are sufficiently skilled in the science of drugging to be able to employ drugs with safety. By this I mean that there are few men sufficiently well versed in toxicology, botany, therapeutics, physiology and chemistry to be able to employ scientifically, skillfully and safely the poisons which they are licensed to use. The sect known as Christian (?) Scientists are a commentary upon the present method of medical practice. That I may not be understood to encourage the narrow sectarian spirit which Christian(?) Science would establish, I will point out its great fallacy, notwithstanding that it has some merit. The word Christian employed in this connection is misleading, unscientific and untruthful. They seek to inculcate the idea of a recognition of the fact that mind is master, superior to matter and dominating it. The principle is philosophical and perfectly sound. If it is a truth, it has always existed, therefore it is a natural law and antedates Christianity by several million years. The law of mind being superior to matter has nothing to

do with Christian Science, Buddhistic Science or Brahminical Science. The mistake a Christian(?) Scientist continually makes consists in the application of this principle. That nauseating statement "there is no such thing as matter," forever being blazoned forth by a lot of half-educated people, may be scientifically true, but not in the sense which they mean. To say to a patient "You have no pain, for there is no such thing as matter," as is being daily reiterated by the disciples of this craze, is an absurdity. It is more, it is simply idiotic, and yet, from a strictly scientific standpoint, the statement that all is spirit is correct, for any particle of matter divided and subdivided finally arrives at a point where no further division takes place. When we reach a point where there is no further divisibility of matter, we arrive at Pure Spirit, that element which the Hindoos refer to as Prana (force) the action of which upon Akasa (matter) results in the formation and birth of planetary bodies.

Christian Scientists disregard dietetics and hygiene. To allow a patient to eat all sorts of abominations

which in great measure is responsible for the existence of innumerable diseases, and expect to remove the result of such living, during a period of months and oftentimes years, by the employment of Christian(?) Scientist's methods, seems to me to be illogical and absurd.

I am convinced the only cures ever effected by Christian Science methods are due solely and entirely to mental suggestion. Christian(?) Science in its last analysis is only another name for Hypnotism in the form of "suggestion." Christian (?) Scientists are temperamentally so constructed that if they thought they were employing "hypnotism" there would be quite an excitement in their camp. Nevertheless, "hypnotism" pure and simple, in the form of "suggestion" is the sole agent which they employ. The usefulness of "suggestion" in diseases of a neurotic type is well understood by the medical profession. It is because of the inefficiency or inappropriateness of the employment of "suggestion" in diseases of a serious character, such as tuberculosis, that Christian(?) Science fails ignominiously.

From a scientific standpoint, the employment of "hypnotism" as such, or pseudo-hypnotism under the name of Christian(?) Science is as much a curse to mankind as the acceptance of the idea that drugs are capable of curing disease. Some one has said, Nature cures, the doctor pockets the fee. There are few diseases where it would be morally right for the physician to take possession of the will of his patient. A restoration to health by such a method is unscientific and merely palliative. The death of the suggestor could be followed by a recurrence of the disease. Man never will be whole, until he becomes scientifically so. He will have to know why he is whole, the means necessary to employ to remain whole, and then he will cease to be a poor, weak dependent creature.

#### TUBERCULOSIS IN THE COW.

Tuberculosis in the cow can be easily accounted for. Cattle were never intended to be housed. In our desire to protect the cows from cold we build cow-houses which are invariably low structures just large enough to shelter them and their fodder; or we drive

them into cow-barns, filled with hay and fodder in the fall and winter, leaving barely room enough for the cows to stand erect, packed like sardines in a box, all breathing in one another's exhalations. The subject of ventilation is never regarded by the average farmer. Whoever knew a New England farmer to sleep with his windows open if the weather were the least bit cold? What physician ever found the sick room, occupied by the farmer's wife or children, ventilated? Is it any wonder that ventilation of the stable should be practically lost sight of? Consider for a moment the size of the cow and the tremendous pair of bellows or lungs she possesses. Then think of the limited area in which she is enclosed, and consider how short a period of time it would take to render the air of the space unfit to be inhaled. One can get an idea of the immense quantity of air consumed by the cow by watching her respiration on a frosty morning. The warm moist air, as it escapes, condenses and comes from the cow in a great stream of vapor. The air exhaled is laden with noxious gases which are poisonous when re-inhaled. The air is

being churned, as it were, over and over again, oxygen being taken up and appropriated by the animal and carbonic acid gas being exhaled. Is it any wonder that stall-fed cows become diseased? To stable a cow is so unnatural a process that even those who have given some attention to the sanitary condition of the stable and the subject of ventilation have found it difficult to keep the cows in a condition of health, so that tuberculosis has been discovered in a considerable percentage of cows where much care, judgment and skill have been shown in the management of the cow-stable. In the United States this applies only to the New England and Western States. In the Southern States, no further south than North and South Carolina, where cow-stables are simply built in the form of a shelter, never being entirely enclosed, so that there is always a free circulation of air, in such stables, cows are not locked in, being at liberty to come and go during the night as they see fit in a large cow-yard, and they are entirely exempt from tuberculosis.

### BRIGHT'S DISEASE.

In selecting Bright's Disease as a fair type of the diseases affecting the abdominal viscera, I shall have to call attention to the structural character of the kidneys. The purpose for which the kidneys are employed being understood, we will consider for a moment that the kidneys are filled with microscopical tubules or channels, which, becoming obstructed by the deposition of foreign matter, render it impossible for the kidneys to function properly. When such obstructions occur it is a most serious matter, and unless arrested will terminate fatally. Nature points out what our method of treatment should be. The peculiar, offensive odor arising from the perspiration of a patient suffering from this disease is indicative of the fact that Nature is endeavoring to employ the skin vicariously to perform a similar function to that performed by the kidneys. To promote rapid diaphoresis (sweating) by stimulating drinks and the employment of drugs such as jaborandi, while giving some relief, are merely palliative. The only method that I have found to be of permanent value

has been to eliminate drugs entirely and employ Turkish, Russian or steam baths. A home cabinet bath is probably the best to be employed for this purpose, for it permits of the patient having the benefit of active functioning of the skin while privileged to breathe pure air by having the windows open, which cannot be done in a Turkish Bath establishment. Much benefit will be derived from skillful massaging of the body. If the weather necessitates, the patient should be placed in a heated solarium, the body remaining nude unless conditions demand some slight covering over the loins. A sun and air bath, preferably in the open air, should be indulged in for as many hours a day as the patient feels comfortable. There is no contra-indication for the patient to thus sit a good part of the day, if he enjoys it or can be persuaded to do so. Nature will affect very rapid changes by the adoption of this plan. When the weather will permit, the patient should sleep in the open air. Wherever there is any febrile disturbance, the body can be sponged frequently and a cold pack employed, the pack consisting of a wet sheet,

drenched in cold water and placed around the body. The patient lies down in this and is then rolled up in a comfortable or blankets for from twenty to forty minutes. If the patient enjoys the pack, it has been my custom to allow him to remain longer, sometimes an hour or two until he has had a refreshing sleep.

We thus throw the work the kidneys are laboring to perform, upon the skin. By the employment of warm baths at night and cold sponge-baths in the morning, followed from a half hour to two hours nude sun-bath daily, such cases will respond very rapidly. In many cases of kidney trouble there is associated a considerable accumulation of fat throughout the body. It is wonderful how quickly the fat of the body tries out, as it were, and disappears by the volatilization of the oily products from the skin by the use of the nude sun-baths. When we take into consideration that fat has accumulated from years of gluttony associated with more or less inertia, we will be surprised to see what a few weeks of this method of treatment will bring about.

The liberal use of distilled water will cleanse the

body and incidentally the kidneys of all foreign products that are obstructing the microscopical tubules. The abstinence from the use of tea, coffee and all stimulating food, placing the patient upon the simplest possible diet, such as the liberal use of fruit, nuts and cereals, eating but twice a day, and the intelligent and judicious massaging of the body by a person skilled in the use of deep massaging, will bring about a very active tissue metamorphosis and the rapid elimination of stored up morbid products.

If thoughtfully, persistently and judiciously carried out, the above methods are sufficient to bring about a condition of health in chronic renal difficulties. In acute conditions, more heroic measures would have to be employed, adopting the same general principles, however. Where there is marked structural change, incident to the breaking down of tissue, the measures would only be palliative as such cases terminate fatally.

Frequently, as a result of hepatic and renal enlargement, that is to say, enlargement of the liver and kidneys, we have functional and sometimes organic

change taking place in the structure of the heart, depending upon mechanical interference with the action of the heart, producing enlargement, oftentimes diagnosed as organic and incurable. In such cases the heart will frequently return to its normal condition by removing the obstruction in the kidneys or liver. Therefore, when a serious case of heart trouble, dependent upon mechanical obstruction, resulting in overwork of the heart, presents itself to me, I do not take the ground that such a case is incurable, as I once would have done, for I have found by experience that very severe forms of this disease are amenable to rational methods.

I feel that I have outlined in a general way the measures to be employed that will lead in many cases to the successful treatment of diseases afflicting mankind.

#### LONGEVITY.

In a cold climate, a long life simply means thoughtful living. In a mild climate people live to a great age without exercising special intelligence or thought concerning their habits, as such climates do not re-

quire houses to be hermetically sealed, or the body to be excessively clothed. In a favorable climate, a perfect piece of human mechanism should last a great many years if intelligently controlled. In studying various Asiatic philosophies, we find that nearly all refer to men who have succeeded in prolonging life to a very advanced age. It was difficult for me to believe that which I had read concerning the Gurus or Yogis, of India, living to the age of two hundred years, until the recent Parliament of Religion drew from the Orient quite a number of representative Gurus or teachers, all of whom attested to the fact that such persons are living in India.

The transition from birth to death, from protoplasm to old age, is characterized by two changes: Either one of fatty degeneration or one of calcerous degeneration. In other words, the human body is transformed either into fat or stone. Old age, in the case of thin people, is simply a petrifactive change. If the process were permitted to go on long enough, we would become completely ossified. How to avoid these two changes should receive the attention of the

thoughtful. The use of distilled water in the case of elderly people, where there is a tendency toward stiffness of the joints and a deposition of lime on the posterior surfaces of the teeth, will be followed by suppleness of the joints and a removal of the calcareous deposits upon the teeth and other parts of the body. The teeth afford a most excellent barometer as to the changes taking place in the body. Calcerous matter does not deposit itself upon the teeth in most people until about the age of forty; then caries of the teeth will cease, the teeth becoming firmer and harder than at any other time. This is a great relief to many who have passed years of suffering from caries of their teeth. Pure water, descending from the clouds and percolating through the soil readily dissolves and takes up mineral matter. As the human body is, in miniature, that which is contained in the earth, distilled water acts in the organism as a solvent of such salts, exactly as it does when it percolates through the soil.

#### PRE-NATAL INFLUENCES.

I cannot close without giving some idea of pre-

natal influences. Every human being has a right to demand that he should have been given a fair start. Most of us come into this world as a result of mere caprice, a desire to experience sensation. A large number of us are not even wanted; to say nothing of the means employed to prevent the birth. The birth of a child is not infrequently the expression of a debauch, and thus we see around us the mentally deformed, moral perverts and cripples. We do not even exercise as much judgment in matters of this kind as does the average farmer in breeding his cattle, not one-hundredth part as much skill and judgment as the horse breeder does in the development of a trotter, for he not only takes into consideration the entire pedigree of the male and female, but also pays attention to the matter of temperament, disposition, etc. What a different world we should have; what a different people we should be, if our matings were properly made, based upon physical, intellectual and spiritual development! In undertaking the serious responsibility of bringing human beings into existence, should not proper preparation be made? Should not man

conserve all his energy, force and strength? Should he not entirely abstain from sexual expression in order to store up within his organism his vital force? Should he not retire early, and cease that abnormality of trying to extend the day into the night? He would thus obtain possession of his mind and body, and he would grow not only mentally but spiritually. I mean spiritually in its proper sense, not that he would become a religionist, an advocate of separateness from the rest of mankind, but that he would be able to recognize all men irrespective of color, nationality or creed, as brothers. He would cease to be narrow and look upon the little bit of earth which he calls his country, and which fills him with a narrow, selfish spirit which we call Patriotism, as the only spot that God has smiled upon, for he would recognize the fact that he is privileged to feel at home in all countries and in all climes; that one part of the earth is just as much his as is another; that the spirit of equity and justice is just as important for him to maintain in one part of the globe as in another. Then he has prepared himself to perform that sublime act, the culmination

of which means the birth of the human being. Then all through the period of gestation, while his mate is carrying the child in utero, should he not walk with her in harmony, in peace and in gentleness? Should they not visit the green fields and view Nature's handiwork in all its grandeur and in all its glory and magnificence? Should they not visit art galleries and look upon the masterpieces, so that the woman can carry in her mind a mental image of an Apollo and a Venus? If the mother and father lived simple and natural lives and had clean bodies and selected diet that was non-stimulating, abstaining entirely from tea, which tends to make a woman a common scold, when the child arrived it would be fit to live.

If people only understood the responsibility of maternity and fatherhood, we should soon have a race of human beings that would not only be fit to live, but that would become mental and physical giants, living simple lives, having their whole consciousness spiritualized, in place of having, as we now see about us, a lot of human automatons, and mental and physical dwarfs.











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